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LAWS OF
ATHLETICS

HOW TO TRAIN FOR
**WALKING,
RUNNING,
ROWING, &c.**

By **WILLIAM WOOD,**

AUTHOR OF

"Wood's Manual of Physical Exercise," "Guide to Health," &c.

NEW YORK:

ERS.

DICK & FITZGERALD, PR

T H E
L A W S O F A T H L E T I C S ,

SHOWING

**HOW TO PRESERVE AND IMPROVE HEALTH,
STRENGTH AND BEAUTY,**

AND TO CORRECT PERSONAL DEFECTS

CAUSED BY WANT OF PHYSICAL EXERCISE.

ALSO, HOW TO TRAIN FOR

WALKING, RUNNING, ROWING, ETC.

WITH THE SYSTEMS AND OPINIONS OF THE

CHAMPION ATHLETES OF THE WORLD.

INCLUDING

All Athletic Games, with the Latest Laws for their Government.

By WILLIAM WOOD,

PROFESSOR OF GYMNASTICS, CALISTHKNICS, AND PHYSICAL TRAINING.

*Author of "Wood's Manual of Physical Exercises;" "Guide to
Health;" "Health, and How to Keep it."*

NEW YORK:
DICK & FITZGERALD, PUBLISHERS.

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THIS SMALL WORK

IS

RESPECTFULLY DEDICATED

TO

WILLIAM B. CURTIS, ESQ.,

IN

REMEMBRANCE OF HIS LONG AND CONSISTENT
LABOR AND ADVOCACY IN AND FOR

ATHLETIC EXERCISES.

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THE LAWS OF ATHLETICS.

INTRODUCTION.

This little volume is given to the public in order to satisfy a want that has up to the present hour been felt among those who have devoted means, thought and labor for and to "Athletics." There was a want of something reliable, something that the "rank and file" might study to their advantage; and neither the laws nor rules, as they are now to be found, supply that want. These "Laws" may be relied on, as they are taken from laws and rulings enforced at the present day in England, Ireland and Scotland. We have also carefully examined the published rules of the most prominent athletic clubs of the States and the Canadas, and we find no conflict, nor could there be, for they are taken, for the most part, from the same authorities.

We desire to call the reader's special attention to the explanations that are given in the notes; more particularly upon the subjects of "Walking," "Pole-Leaping," "Running," "Long Jumps," etc. The English laws on Athletics, as published, although quite full, are not as comprehensive as

might be expected or desired; and in order to make them more complete, and also to embrace every branch of Athletics, we have taken the rules and laws of the United Caledonian Association. Not yet feeling fully satisfied, we examined also the Irish rules for throwing the 56-lb. weight, jumping, etc., thus combining the laws and rulings of all Athletics that give pleasure to the senses and profit to the body in their practice and performance. All that our young athletes demand is laws that are equable, and then some power (say the National Association) to see that these laws are enforced. When this is done, you will find officers and competitors performing their several duties with a far larger degree of pleasure to themselves and with entire satisfaction to the public, who by their presence not only give encouragement, but substantial aid in the good work.

We offer this work at a time when the subjects of which it treats find more favor with the public than formerly. Just now there is a cheering prospect, and we desire to keep it alive and encourage it under proper restrictions. Men are prone either to totally neglect or to run into the most dangerous extremes with regard to Athletics. The man is indeed short-sighted who in this day would treat the development of either mind or body as of no importance.

I wish to be understood as having no sympathy with the class of men who take part in these six-day contests; their results have been more fatal to health and life than the barbarous bull-fights of Spain. At the hour of writing, Frank Hart, the man who accomplished the greatest distance, and gained the championship of the world, is lying dangerously ill, suffering from congestion of the brain. This is not the only form of physical exercise, often falsely so-called, which finds its highest development in feats of daring in the circus and variety theatre, in walking a tight-rope over Niagara Falls, or leaping a hundred feet into a rushing river or lake, or in taking part in a boat race as many of them are conducted at the present day, or—worst of all—the prize fight, which is the festival of the gambling fraternity; but such excrescences are and should be kept outside of the line of physical training. It is not the power to travel great distances, carry great burdens, or lift great weights; it is simply the condition of body and the amount of vital capacity which shall enable each man in his place to pursue his calling and work on in his working life, with the greatest amount of comfort to himself and usefulness to his fellow man. Our aim is not only to show, but to prove, that bodily development and physical education are governed by these undeviating and eternal laws

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with which the human framework is surrounded.

Now that the cultivation of the physical powers has become an object of study with our people, let us do all in our power to promote the good work, not only by advice, but by the enforcement of proper rules and laws. These rules and laws should be studied by every person who takes an active part in Athletics; he would then know his rights, and, knowing them, would be less liable to infringe upon the rights of others.

Every active, yes, and every passive, athlete in this country owes a debt of gratitude to Wm. B. Curtis for his assistance and persistence in this noble work by a long and successful career in almost every branch of physical and athletic exercises, both in this city and in the West; and long practical study enables this gentleman to stand confessedly to-day in the front rank of American athletes.

PHYSICAL EXERCISE AND ITS RESULTS UPON BODILY HEALTH.

No man need at the present day apologize for the attention he may pay to athletic exercise. The time is past (and we are thankful for it) when the student, the young clerk, or the man of fashion, can be told that it is a needless waste of time

to devote forty or sixty minutes out of the twenty-four hours in rowing, walking, running, or any other of the many exercises that will give tone and strength to the muscles. Athletic exercise and proper regimen are essential to health, especially among these whose frames are not yet fully set; to the class above mentioned, whose occupations of life are sedentary and thoughtful, exercise will give the mind fresh vigor, the body renewed strength, and the whole system a buoyant spirit. Remember, health is the greatest of all blessings. Without this primary blessing all others are of no effect. Wealth, which can sooth and supply so many wants, cannot confer that of health. Beauty withers and decays without it. The loss of health is irremediable, and when once gone, its recovery is uncertain, for there lives no physician so certain of his art that he can guarantee a cure.

The great question, then, is "how to be healthy"—how to preserve and strengthen our constitutions—in a word, "how to live." Proper physical exercise is the guide to this golden path.

The subject of Exercise and training was brought, not long since, prominently before the medical profession (in the city of London) in consequence of a discussion which took place at the Clinical Society. The results of the experience of several eminent physicians, clearly stated upon this occa-

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sion, have been sufficient to excite very general interest, and promote the whole subject of Athletic Sports, and will undoubtedly lead to an impartial and careful examination into the question of the advantages and disadvantages which attach to them. Instances were mentioned of the serious consequences of violent muscular exertion or over-strain—both when sudden effects were produced by it, or the symptoms of disease were manifested after some lapse of time. It seems this important subject was fairly and earnestly discussed, for not only were the usual athletic exercises usually productive of injury brought under consideration, but the inquiry was extended to every kind of influence capable of exerting deleterious effects upon the internal organs of the body.

Preparation or training is to supply strength where there is weakness, not to develop any particular part of the system at the expense of the rest. It must be borne in mind that the true object of training is and should be not to afford proficiency in any one particular kind of exercise—(we are not speaking now to the professional, for he, too, often becomes a mechanic in some one particular branch in order to make a living by it), but to bring these important organs and muscles which are less directly engaged, in the ordinary course of the exercise, into such a condition as to enable

them to support an unusual effort or strain such as they are quite unaccustomed to—we are speaking now of the general good that is derived from general athletics—if a man is desirous to excel in any one particular branch. If it be “running” or “walking,” then strict attention must be paid to the feet, legs and respiratory organs; if it be throwing the “hammer,” putting the “shot” or throwing the “weight,” then the muscles of the arms, shoulders, chest, &c., must be cultivated. The man that can do general work and do it well, is the true athlete. Donald Dinnie, of Scotland, and Wm. B. Curtis, of America, are the best two examples of this fact living at the present day. The first is familiar with every branch of physical exercise, from the “sword dance” to the tossing of the “caber;” the latter from a hundred yards dash over the cinder path to a fifty miles pull upon the water. This general work has made them both models of physical beauty. Now, what we want is to produce many of just such men, if not in muscular power and strength, at least in health and strength in proportion to their height and weight. No one branch of physical exercise will accomplish this most desirable end. We have been for many years a close observer and carefully noted the physical improvements in our young men. That some have been imprudent and gone beyond

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their strength and power of endurance is the fact. There is no excuse for imprudence; books upon the system or how to train, can be found in every book store, and if you fail to read or be advised the dearest penalty must be yours. There are two distinct forms of disease which over-exercise occasions; the most serious and most striking is the sudden attack of collapse, fainting, and pain in the heart or head, which occurs at the very height of the strain.

Let me give one example of the result of such work, and we do it for the purpose of putting young men on their guard against entering into competition when not in condition. We are acquainted with a young man, a resident of this city, who has been suffering from palpitation of the heart and general weakness to the extent that the slightest exertion occasions great distress. This condition was caused by a running race, in which he was suddenly seized, while running at top speed and near the finish, with such intense pain in the heart, and faintness, that he fell quite exhausted. From that hour he has been under various kinds of treatment, but has not, and we fear will not, recover his former health. The stroke of the Harvard College freshmen crew of this year, and also a member of Columbia College crew against Cornell, both of these gentlemen were removed from their boats in

a fainting fit, giving positive proof either that they were not properly trained or that they were too young to stand the severe strain required in such a close contest. Here are three cases, and they are just three too many.

Athletics mean permanent health and strength, not lasting ailment and weakness ; the former will surely be your reward if you will be guided by advice. Every thoughtful person must know that a sudden strain on the heart, particularly if the person is not in training (and here the great advantages of training are apparent), may be the cause of fatal trouble ; the loss of blood from the lungs, which may occur, is the natural relief to the state of tension. There is also the important fact that you cannot be too well acquainted with, that long continued running or walking, if pursued to excess, can and will produce disease of the heart —remember, I say, this one class of exercise to excess. In daily life we may be called upon at any moment to make an exertion which, if we are unprepared for, may be injurious. There is not a day passes in this city, or the city of any civilized country, that the policeman or fireman is not called upon to save life, limb, or property ; and how many will you find in a physical condition to do it ? It is true very many of them have the bulk, but it is the muscle and power of endurance that is required. There-

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fore we repeat that every man should keep himself in such condition as to be prepared to bear the strains of ordinary life with indifference; and, though he may have no desire to be considered an athlete, he will perceive the salutary object which athletes have in view in training.

A word as to the use of food and fluids which are known to improve the condition of the blood. Beef, mutton, chicken, water and tea are the best, and as a rule they will agree with one's physical peculiarities. There are a great many requisites that must be attended to in training—sleep, air, bathing, clothing, etc. The duration of sleep must be left entirely to the demands of the system, and should not be interrupted. The want of physical exercise seems to preclude satisfactory sleep, while the athlete takes his eight hours, and awakes refreshed and strong. The necessity of ventilation in the bedroom must be insisted upon by leaving the window open at the top at all seasons of the year. The cold bath has become essential to the comfort of most men; every athlete has some experience of its use after active exercise. Remember this, like other good things, must not be carried to excess. Cold water can be used with perfect safety soon after walking, running, rowing, etc., while the body is warm and perspiring; but to guard against any danger, strip and rub dry, keep-

ing up a brisk circulation—then the cold water or plunge.

The dress should in every way be made to suit the freedom of movement which is required in walking, running, rowing, etc. The principal point, and the one that demands your particular attention, is the prevention of cold directly after the exercise. A flannel wrapper, or ulster coat, to wrap around the body and limbs will answer. This is so important that no one in training should be without it.

Glancing at the year which has passed, it must be a subject of congratulation that all matters connected with athletics and aquatics are displaying increasing vitality—not alone old clubs flourishing by increased membership, but young off-shoots displaying all the promise and vigor of the parent stock. We rejoice to see this friendly rivalry.

RULES FOR THE PRESERVATION OF HEALTH.

1. Pure atmospheric air is composed of nitrogen, oxygen, and a very small proportion of carbonic acid gas. Air once breathed has lost the chief part of its oxygen and acquired a proportionate increase of carbonic acid gas.

Therefore, health requires that we breathe the

same air once only. This fact calls for proper ventilation in the dressing rooms of all athletic clubs.

2. The solid part of our bodies is continually wasting and requires to be repaired by fresh substances.

Therefore, food, which is to repair the loss, should be taken with due regard to the exercise and waste of the body.

3. The fluid part of our bodies also wastes constantly.

Therefore water is necessary, and no artifice can produce a better drink.

4. The fluid of our bodies is to the solid in proportion as nine to one.

Therefore a like proportion should prevail in the total amount of food taken.

5. The sunlight exercises an important influence upon the growth and vigor of animals and plants.

Therefore our dwellings and places of business should freely admit solar rays.

6. Decomposing animal and vegetable substances yield various noxious gases, which enter the lungs and corrupt and poison the blood.

Therefore all impurities should be kept away from our abodes and every precaution observed to secure a pure atmosphere.

7. Warmth is essential to all the bodily functions.

Therefore an equal bodily temperature should be maintained by physical exercise, by proper clothing, or by fire.

8. Physical exercise warms, invigorates and purifies the blood, clothing preserves the warmth the body generates, fire imparts warmth externally.

Therefore to obtain and preserve warmth, exercise stands first, then clothing and fire.

9. Fire consumes the oxygen of the air and produces noxious gases.

Therefore the air is less pure in the presence of candles, gas or coal fire than otherwise, and the deterioration should be repaired by increased ventilation.

10. The skin is a highly-organized membrane, full of minute pores, cells, blood-vessels, and nerves; it imbibes moisture or throws it off, according to the state of the atmosphere and the temperature of the body; it also breathes, as do the lungs (though less actively). All the internal organs sympathize with the skin.

Therefore it must be repeatedly washed and kept perfectly clean.

11. Late hours and anxious pursuits exhaust the nervous system and produce disease and premature death.

Therefore the hours of labor and study should be short.

12. Mental and bodily exercises are equally essential to the general health and happiness of all.

Therefore labor and study should succeed each other.

13. Men will live and enjoy better health upon plain, simple solids and fluids, of which a sufficient but temperate quantity should be taken.

Therefore strong drinks, tobacco, snuff, opium, and all mere indulgences, should be avoided.

14. Sudden changes from heat to cold, changes from heavy to light garments, are dangerous (more especially to the young and old).

Therefore clothing in quantity and quality should be adapted to the alternations of night and day, and of the seasons; and therefore the drinking of cold water when the body is hot, and hot tea, coffee or soups when cold, are productive of many evils.

15. Moderation in eating and drinking; short hours of labor, business or study; regularity in physical exercise, enough only to keep up a good circulation of the blood; recreation and rest; cleanliness, equanimity of temper and quality of temperature—these are the great essentials to that which surpasses all wealth—*health of mind and body*.

DEFINITION OF AN AMATEUR.

An amateur is any person who has never com-

peted in an open competition, or for a stake, or for public money, or for gate money, or under a false name, or with a professional for a prize or where gate money is charged; nor has ever, at any period of his life, taught or pursued athletic exercises as a means of livelihood.

The following is the definition adopted by the "Canadian Association of Oarsmen and Athletes":

"One who has not entered in an open competition for either a stake, public or admission money, or entrance fee; or competed, knowingly, with or against a professional for any prize since January 1, 1876; who has never taught, pursued or assisted in the pursuit of athletic exercises as a means of livelihood; whose membership of any Rowing or Athletic Club was not brought about or does not continue because of any mutual agreement or understanding whereby his becoming or continuing a member of such club would be of any pecuniary benefit to him whatever, direct or indirect, and who has never been employed in any occupation involving any use of the oar or paddle."

We hope our "amateurs" in general, and "boating" men in particular, will read and digest the last clause in this definition.

WHAT CONSTITUTES A RECORD.

Only such feats as are accomplished in public.

matches or meetings, and the genuineness of which is attested by properly constituted Judges and officials, are entitled to a place on record. It should be borne in mind that the special rules governing the earning of a record on the trotting and running turf, and in some other sports, do not apply to athletic and similar matters where it is of no consequence, so far as record is concerned, whether or not anything of value depends upon the issue of a contest, it being simply requisite that a public performance be duly authenticated by perfectly responsible officials.

While a contestant receives full credit for whatever he may honestly accomplish, we would also state that in competitions which take place on grounds having any declivity, and in races run from a flying start, except on the trotting and running turf, the winners are not entitled to a record.

HANDICAPPING.

In all handicap games competitors should receive notice of their handicaps previous to the printing of the programme. This would give those who have entered an opportunity to accept or decline, and there would be no disappointment to the public. We know the importance of handi-

capping. It opens a wide field for young men to make their first public trial, by which means very many are induced to enter the athletic ranks, and eventually become promising athletes. In order to show how important it is to the competitors to know how they are placed, I will mention one case which will more fully explain my meaning. July 3d, 1890, an athletic meeting was held upon the Manhattan grounds; in the one mile walk handicap, the limit man received one minute and thirty seconds. To defeat or get any way near this start, the scratch man must walk in about six minutes and twenty seconds, which is next to an impossibility. In all handicap games there is a severe strain imposed upon the scratch man, therefore, we say to the handicapping committee, exercise care and judgment in your work; and to the contestant, examine closely the time or distance awarded you, and if you believe that you can get near or well up with the leaders at the finish, accept and start; if not, it is your privilege to decline upon the ground that you are too heavily handicapped.

DUTIES OF A REFEREE.

This gentleman's office is executive; he is appointed to carry the laws of Athletics into effect, or superintend the enforcement of them. He should

be one who in every respect is qualified by experience in that branch of Athletics in which he is called to serve. When he is called on to decide upon disputed questions, he should do so (if in doubt) by referring to the printed rules or laws that govern the same. If in a contest under special agreement, decide in accordance with the letter and spirit of such agreement. A Referee should never act without first providing himself with the rules or agreement by which all parties have consented to be bound. Thus fully prepared, you not only save much time and prevent long and often loud discussion, but you furnish proof to the person or persons who dispute your rulings. Men will not always yield to memory, but show them the law and they are satisfied. The duty of the Referee in athletic field games is to watch closely each particular event throughout, and to decide (if called upon) in strict accordance with the printed rules made and provided for such cases. In the hundred yards contests his place should be in the centre of the stretch outside and near the tape at finish, looking up the stretch at the contestants. From this position you can note any deviation of the men from their proper or straight course; as the men approach the finish you step to the right or left, on a line with the post or upright upon which the finishing tape is attached. Thus,

by paying strict attention to your duty, you can, as a rule, lay the fault of a foul (if any) to the person or persons who commit it. When claims of this or any other nature are made (and we regret to say they are at the present day quite frequent), act in accordance with the laws, exercising at the same time your best judgment. If the case justifies you in disqualifying the offender, do it without hesitation. By the enforcement of the law or the exercise of your judgment you are almost sure to offend one party or the other. The wrong-doers will, in nine cases out of ten, claim that he or they have been wronged; but after the excitement is over they will, as a rule, see the justice of such ruling and the importance of enforcing the law. Fouls will sometimes occur when neither man is at fault, as when men grow weak. This weakness will often cause them to waver from their true or proper course, and the Referee must in all such cases exercise sound judgment in discriminating between the natural and the feigned weakness.

In former years it was part of the Referee's duty to act as starter. This has happily been reformed, and there is now a man selected expressly for that duty, leaving the Referee (as it should be) with but one duty to perform, and that an exceedingly important one.

Gentlemen are often selected to fill the office of

Referee regardless of their personal knowledge or experience in Athletics. This is one of the causes of so many blunders or mistakes. We would most respectfully submit to the gentlemen who are thus honored, whether it would not be in the interest of Athletics for them to decline such honors, giving as a reason their want of knowledge for the duties required. Where there is no claim or appeal (which is seldom the case with from one to two hundred contestants at every meeting), the duty is simply one of observation and pleasure, but when claims come upon you thick and fast, and often loud and harsh, you will find there is a duty to perform, and you must do it without fear or favor. Remember, your duty commences at the instant the word "go" is given or the firing of the pistol, and continues up to the time of striking the tape, passing the winning post, or the close of the event, whatever such event may be. Every event is under your sole charge.

We have, at the present day, at every meeting where there is a prize given for "walking," a "Judge of Walking." This gentleman's duty is to see that men "walk." Your duty is to see that they violate no rules of Athletics. All claims for the violation of such rules must be made to you, not to the Judge of Walking. The best of us are liable to err. Mistakes have been made in public

games by some of the oldest and best experienced, therefore, we again advise you, where there is a doubt, look at your book before you decide. We have said that it was important that you should be prompt in rendering your decisions, but it is still more important that you should be right.

A Referee is, or should be, selected for his thorough knowledge of Athletics in whatever branch he may be called upon to serve, for his impartiality, for his cool judgment, and for his decision of character. These are the qualifications required of the man acting in this capacity. Your duty is plain; enforce the laws and your decisions will be sustained against all appeals. Upon questions of *fact* there is no appeal; only on those of Law.

JUDGES.

Gentlemen selected to fill this important position should be men of some practical experience in Amateur Athletics (if amateur games). It is a duty that a man of cool judgment can perform with pleasure to himself and satisfaction to the contestants, provided he enters the field armed with the laws, and is fixed in his purpose in having them enforced. Incompetent officials, by giving erroneous decisions (often for want of proper attention to their duties), make the office unpleasant to them-

selves and unsatisfactory to contestants and spectators. Gentlemen, give the games your closest attention, and award to each man according to his merits. This done, you will have discharged your duties with credit to yourselves and satisfaction to all interested.

JUDGE OF WALKING.

No man should be named for this office who is not, or who has not at some time of his life walked in open competition. A man who is not a mechanic himself is hardly competent to inspect and give judgment upon the work of others. The man who is, or has been, a fair walker, will readily discriminate between fair and foul walking. His duty is to watch the feet, and in order to do so he should keep within a reasonable distance of the walker. With the action of the body above the hips the Judge has nothing to do ; the only true test of fair walking is found and decided upon the action of the feet (see note under the head of Walking). When the men are ready he should, in a clear and distinct voice, state to the competitors the rules, and the number of cautions—two—will be given. The Judge has the power to give these two cautions within a distance of twenty yards or twenty miles, as his judgment and justice may dictate. A

walker may be disqualified on the *last* lap (without previous caution) should he lift. From this official's decision there is no appeal.

TIME KEEPER.

To be a good, reliable Time Keeper is to be a man not easily excited. He must be one who has had some experience in the timing of men or horses. It is of vital importance that the work should be done without mistakes. The timers will take their positions so that they can see the men and the starter, and as near the tape as to be sure of the winners. He should not take his eye from the men or starter when they have taken their place upon the mark. You start the time with the flash of the pistol or the word "go," not before. We have timers that time from the bend of the men, and not from the *flash or word*. This goes upon record and the athlete and the public are deceived. We have said, start your time with the flash or word, and stop it the instant the winner breasts the tape or crosses the foot-line or mark at finish. There should be three timers in every important contest, and where there is a discrepancy between the timers (which is the rule and not the exception) they must compare their timers, and if the first reads 5 minutes and the second $5\frac{1}{2}$ minutes,

and the third $5\frac{1}{2}$ minutes, the time should be announced and placed on record as $5\frac{1}{2}$, being midway between the highest and the lowest of the time taken. One of the three official timers should be selected to give the time of each and every event to the members of the press. This would prevent the many mistakes seen almost daily in the morning and evening papers.

DUTY OF THE STARTER.

The Starter's duty is to see that each and every contestant is on his mark and in his right place, numbering from the inside or pale. He should then give notice, in a loud and distinct tone of voice, so that each one may hear, "*On your mark and ready.*" The instant he sees the men ready, the signal should be given by the firing of a pistol. His position at this time is in the rear of all the starters in the contest, pistol behind his back, so that not one of the competitors can by any possibility notice when he is about to fire it. Should any one or more of the contestants break away, or make an effort to take an undue advantage of the pistol, he must be recalled, and upon the second offence such person or persons shall be disqualified for false starting in violation of rules. The power of disqualifying any competitor when on the mark

for false starting, language unbecoming a gentleman, or any willful unfair treatment to a brother competitor, rests solely in the hands of the Starter (this rule is now strictly enforced in England, and we think will be endorsed in this country by every gentlemanly amateur and lover of fair play). If this rule is strictly enforced, as we hope it will be, no more men will be seen getting from one to five yards start of the pistol. The very fact that the Starter has full power to punish for wrong acts committed will put a check, and, we think, prevent this practice of breaking away, which is almost always the case with short distance running. The men must start at the flash of the pistol, *not before*. If the pistol fails to go off and it is a miss fire, then it is no start, and the men will remain on their mark; or, if any have started, they must return to their respective places. Great care should always be taken by the Starter to have a reliable pistol—one that is sure not to miss fire. A pistol that is not true gives great annoyance to the competitors, and much disappointment to the spectators. Strict care must be observed by the Starter. He must be positive that the tape is up at the finishing post; Time Keepers, Judges, Scorers and Referee at their posts of duty, and everything in readiness, before he fires the pistol or gives the word. The contest commences with the firing of the pistol or

the giving of the word, after which there is no recall.

COLLUSION.

No agreement or compromise between two or more contestants not to oppose each other or to act jointly against any other or others of the contestants will be permitted. Upon satisfactory proof of the same being produced before the Judges, the said Judges shall declare the party or parties so offending, out of the contest and not entitled to any prize or award whatever.

Many young men do not seem to understand the importance of this rule. Two or more, often from one club, will enter into a friendly agreement to defeat some one competitor by acts unbecoming a gentleman amateur athlete. It is wrong and should be stopped. All victories should be won upon individual merit (where the contest is man against man), without which there is no real honor in being awarded the first place.

HOW TO TRAIN FOR WALKING, RUNNING, ROWING, &c.

The methods here given are those practised by the most celebrated athletes and oarsmen of the world. For a man to excel in any

one or more branches of Athletics he must know how to prepare himself for the work before him, or employ a professional trainer to put him through a course of exercise, and as we are without competent professional men, we give you as a guide the daily practical experience and system of men who by intelligent and careful training raised themselves and their pupils to the highest honors to be obtained in Athletics. We have a number of men in this country calling themselves professional trainers who are fully competent to instruct in the art of rowing, and perhaps something in the way of walking and running, but little, if anything, about the "body physical." This is not the work of a day, but the study of years, and we would respectfully recommend to those who make, or purpose making, a business of training, to read, study, and digest "*Maclaren on Training*." It would be a God-send to the young athletes of this country if a few good men would give time and study in order to make themselves proficient in this business. In almost every branch of trade years are required before knowledge is obtained. A trainer in athletics, fully qualified to do the work as it should be done, would receive a reward equal to that of any one of our best city physicians. We have many thousands who would find it more pleasant and profitable to pay the trainer than to fee the doc-

tor. To the amateur who desires to train himself, we would say be sure and follow the system as described. It will supply all your wants in the way of proper physical training.

CAPTAIN BARCLAY'S SYSTEM OF TRAINING.

Robert Barclay, better known as Captain Barclay, was born in England in 1779; graduated at Cambridge College, 1802.

His love for athletic exercises commenced when he was only fifteen years of age. From early childhood he had been conspicuous, not only for his strength of form, but also for his strength of mind and courage. He was exceedingly fond of walking, and before he attained the age of manhood he had won many contests in both walking and running. His style of walking was easy and graceful; the step natural, and feet raised only a few inches from the ground. In this easy way he was better able to endure the fatigue of a long distance. He always used thick-soled shoes and lamb's wool stockings. August 16th, 1796, when only 17 years of age, he walked six miles, fair heel-and-toe, over a country road, within the hour. He was not only the greatest walker of his time, but excelled also in running. This gentleman's greatest performance was his thousand miles in a thousand successive

hours, which he accomplished with considerable time to spare. The aggregate of the bets in this great contest against time amounted to over one hundred thousand pounds.

Rise at 5 A. M.—Run one-half mile, then walk six miles at a moderate pace.

Breakfast at 7.30.—Beef, mutton or chicken, with stale bread and old ale.

Exercise at 10.—Walk from seven to ten miles.

Rest at 12.—Lie down in bed one hour.

Dinner at 1.30 P. M.—Beef or mutton, roast or broiled, with bread and beer, as at breakfast.

Exercise at 3.30.—By running half-mile at top speed, and walking six or eight miles at moderate pace.

Supper at 7.—Bread, toasted if desired, or gruel, with currants; glass of port wine.

Bed at 9.30.

The Captain's method for reducing flesh was as follows: Take a good run in sweating flannels; on the return, drink what is called sweating liquor, a half-pint. This will produce profuse perspiration. It is composed of the following ingredients: One ounce of caraway seed, half an ounce of coriander seed, one ounce of liquorice, and half an ounce of rock candy; mix with three pints of good cider and boil down to one-half. Immediately after drinking he must go to bed in flannels, with a number

of blankets and a light feather bed placed around and over him, and remain in this state from twenty-five to thirty-five minutes, when he is removed and rubbed until he is perfectly dry. These sweats are continued weekly, or till the man assumes a proper form to do his work.

GEORGE SEWARD'S SYSTEM OF TRAINING.

George Seward, the champion Spurt runner of the world, better known as the American Wonder, sailed from New York for England in 1843. On September 30th, 1844, he ran 100 yards in $9\frac{1}{4}$ seconds; this record has stood the test of time. He not only excelled at this distance, but also in "Hurdling," from one hundred and twenty to three hundred yards; hurdles regulation height, three feet six inches.

Rise between 6 and 7 A. M.—Pass the sponge over the body and rub dry.

Exercise.—A brisk walk of from three to five miles according to the weather; wash, rub dry, and good hand friction.

Breakfast at 8 or 8.30.—Oat-meal; mutton chop; broiled chicken; bread one day old; toast; tea.

Exercise, 10.30.—Starting on a slow walk, increase the pace, coming in on a sharp run; go a good distance if the condition and weather will permit.

Dinner at 1 P. M.—About the same as at breakfast with the addition of some fresh vegetables, but sparingly.

Exercise 3.30.—Walking and running moderately with a light dumb bell in each hand ; dropping the bells, with a spurt of a hundred yards or so.

Supper at 7.—Two fresh eggs, fresh berries or stewed gooseberries ; with bread, toast and tea.

Bed at 10.

ROBERT COOMBES' SYSTEM OF TRAINING.

Robert Coombes was champion sculler of England from 1846 to 1852 inclusive.

Rise at 6 A. M.

Exercise.—A walk of from three to five miles according to condition of roads and weather.

Breakfast 8.—Mutton chop ; two eggs ; tea (never drink coffee).

Exercise 10.—A gentle row, terminating with a brisk finish ; rub, take a plunge ; rub and dress.

Dinner at 12.30 P. M.—Beef or mutton (broiled) ; plain bread pudding with currants in it if desired, or a light farinaceous dish ; one pint of ale, or one glass of port wine.

Exercise 2.30.—On the river again, this time for a row that will test strength and endurance ; rub, plunge, &c., as after the morning row.

Tea at 7.30.—Oat meal ; one egg ; toast ; tea.

Bed at 9.30.

SUMMARY.

Sleep.—Between eight and nine hours.

Exercise.—Walking about four hours.

Diet.—Limited.

**CHARLES WESTHALL'S SYSTEM FOR AMATEUR
ATHLETES.**

Charles Westhall was at one time Champion Pedestrian of England.

Rise at 6 A. M.—Cold bath and rub down.

Exercise.—Sharp walk about a mile out and a run home, or a run of a couple of miles at three-parts speed, followed by a dry rub down.

Breakfast—time not stated.—Mutton chop or steak (broiled); stale bread or toast; tea, half a pint.

Exercise.—(Not stated).

Dinner, 2 P. M.—Meat as at breakfast; no vegetables, except a mealy potato; stale bread; beer, one pint.

Exercise (afternoon).—Rowing, Walking or Running.

If dinner be late, luncheon to be taken, to consist of beef or mutton, hot or cold; bread; beer, one glass.

This course should be varied according to the condition and habits of the individual; if a man is fleshy and of full habit of body, a dose or two of

mild purgative medicine must be taken, and slow walking exercise only taken on the days the doses have been administered ; after the medicine has done its duty, if the amateur is very fleshy, a Turkish bath or two may be taken with advantage, the usual precautions against cold being used. The subject, after one or two of these sweats, is prepared for more arduous work, which may be taken at a fair pace in the form of good sharp runs and fast walks, which, like all other training, will become easier of accomplishment at each repetition.

EDWARD HANLAN'S SYSTEM OF TRAINING FOR SCULLING.

Rise at 6 A. M.

Exercise.—A walk of about one mile ; returning, wash and rub with coarse towel and hand friction.

Breakfast at 7.30.—Liberal diet of beef, mutton or chicken ; bread ; tea, etc.

Exercise, 10.30.—In the boat, for a pull of some distance, say from four to six miles, some part of which is taken up in the practice of starting and turning the boat ; on the return, rub, wash, and rub, not omitting the hand rubbing or friction.

Dinner at 12.30 or 1 P. M.—Good, well cooked, beef, mutton, or chicken, with one or two kinds of

fresh vegetables, and a little ripe fruit; bread; tea, etc.

Exercise from 3 to 5, according to the state of water.—Much the same as the morning row, with the addition of rowing at top speed; cleansing the body as after the morning exercise.

Supper at 7.—Oatmeal; toast; two fresh-laid eggs; tea, etc.

Bed at 10.—The sleeping room well ventilated, without any strong draft.

TRAINING OF THE ENGLISH AND AMERICAN COLLEGE CREWS.

TRAINING AT OXFORD, ENGLAND.

Rise at 7 A. M.—Early rising is not compulsory.

Exercise.—A short walk or run (not compulsory).

Breakfast, 8.30.—Beef or mutton (underdone); bread or dry toast; tea, as little as possible recommended.

Exercise (forenoon).—None.

Dinner, 2 P. M.—Meat, much the same as for breakfast; bread, crust only recommended; vegetables not allowed; beer, one pint.

Exercise.—At 5 o'clock, to the river, and row twice over the course, the speed increasing with the strength of the crew.

Supper, 8.30 or 9.—Cold meat; bread; jelly or watercresses; beer, one pint.

Bed at 10.

SUMMARY.

Sleep.—About nine hours.

Exercise.—Walking and rowing, about one hour.

Diet.—Very limited.

TRAINING AT YALE, AMERICA.

Rise at 6 A. M.

Exercise.—A walk of one mile, ending with a moderate run, which is compulsory ; rub dry, sponge the body with cold water ; rub and dress.

Breakfast 7.30.—Mutton, beef, or chicken, cooked to suit ; bread one day old, toast or pilot bread ; tea of the best quality, not too strong and taken sparingly.

Exercise.—Forenoon, quoits or billiards.

Dinner 1 P. M.—Beef, mutton, or chicken, properly cooked ; bread as at breakfast ; fresh tomatoes and potatoes, sparingly ; a small quantity of strawberries or raspberries may be taken at this meal.

Exercise.—Between the hours of four and six o'clock row over the full distance at a fair rate of speed, providing the skill, strength and endurance will permit.

Supper at 7 or 7.30.—Oat meal ; toast ; pilot bread and fresh berries.

Bed at 9.30.

SUMMARY.

Sleep.—Between eight and nine hours.

Exercise.—Walking, running, rubbing and rowing two hours.

Diet.—Substantial but moderate in quantity.

GENERAL RULES IN ATHLETICS.

The following rules and regulations, are substantially those generally adopted in the United States, England and Canada, and should be in all cases rigorously observed and enforced :

ATTENDANTS.—No attendant or attendants will be permitted to accompany a competitor on the scratch or in the race.

STARTING.—Any competitor starting before the word “go” or the flash of the pistol, the latter of which must be held out of sight of the competitors, shall be put back one yard, and for third offense disqualified.

MISS FIRE.—If the pistol misses fire it is no start.

NO RECALL.—There shall be no recall after the pistol is fired.

HANDICAPS.—Handicaps upon time allowance shall be started by the word “go.”

ALL READY.—When the starter receives the signal from the judges at the finish that all is in read-

ness he shall request the competitors to get on their marks, and dispatch them upon equal terms with as little delay as possible.

STATIONS.—Stations count from the pole or inside.

PROPER COURSE.—In all races on a straight-away track each competitor must keep his own position or line of starting. Jostling, running or walking across, or in any way obstructing another so as to impede his progress, will subject the offender to be disqualified.

FINISH.—A tape, strong enough only to hold its weight, should be tied to the finishing posts on either side of the course, breast high, or four feet from the ground. The scratch, or finishing line is drawn directly under this tape, the tape being placed simply to assist the judges in cases of close contests.

PLACING THE MEN.—The men should be placed in the order in which they cross the finish line.

ATHLETIC MEETINGS.

The officers of an Athletic Meeting shall be: One Referee; three Judges; one Judge of Walking; one Starter; three Time-keepers; three Measurers; one Scorer, with assistants, if required; one Clerk of the Course, with assistants, if required.

REFEREE.—He shall, when an appeal has been made (and not before), decide all questions whose settlement is not provided for in these rules, and his decision shall be final and without appeal.

JUDGES.—The Judges should stand in such a position that they may see the men to the best advantage, taking great care to be on a line and at the tape when they finish. They must agree what men each are to catch; one the winner, another the second, and the other the third. They must also note the distance, as near as possible, of the first three that cross the line at finish. In case of disagreement, the majority shall decide. Their decision, as to the order in which the men pass the line at finish, shall be final and without appeal.

JUDGE OF WALKING.—The Judge of Walking must enforce Law 8, (*See* page 48,) and his decision as to unfair walking shall be final and without appeal. He shall have power to select assistants (if absolutely necessary) who shall perform the duties assigned, and no other.

STARTER.—He shall have entire control of competitors at their marks, shall strictly enforce Law 3, (*See* page 48,) and shall be the sole judge of fact as to whether or no any man has gone over his mark. His decision as to such facts shall be final and without appeal.

TIME-KEEPERS.—Each of the three Time-keepers

shall time every event (which requires timing), and in case of disagreement, the average of the three shall be the official time. Time to be taken from the flash of the pistol.

MEASURERS.—They shall measure and record each trial of each competitor in all events that require to be measured, such as jumping, pole-leaping, putting the shot, throwing the hammer and 56-lb. weight, etc. Their decision as to the performance of each man shall be final and without appeal. Measurement must be made from the scratch line or take-off, so that competitors can witness (if they are so disposed) their performance without entering the field.

SCORER.—Shall record the laps made by each competitor, and shall call them aloud as they are tallied for the information of the contestants. He shall record the order of finishing and the times of the competitors in walking and running races. His assistants shall do such work (and no other), as he may assign to them.

CLERK OF THE COURSE.—He shall record the names of each competitor who shall report to him, shall give him his number for each game in which he is entered, and notify him in time, before the start, of every event in which he is engaged. The assistants shall do such portions of the work (and no other), as he may assign to them.

COMPETITORS shall report to the Clerk of the Course as early after his arrival as possible, and receive his number for the game in which he is entered. He shall inform himself of the hour at which he must compete, and will report promptly at the starting point without waiting to be notified. No competitor will be allowed to start without his proper number.

FIELD AND TRACK.—No person shall be allowed inside of the track or field, except the officials and properly accredited members of the press. The authorized persons will be known by a badge, and the others must withdraw or be subject to removal. Competitors not engaged in the game actually taking place will not be allowed inside or upon the

STANDARD ATHLETIC GAMES.

Walking from one to seven miles.

Running from 100 yards to five miles.

Running high jump.

Running wide jump.

Standing wide jump.

Standing high jump.

Hurdle racing—hurdles 3 ft. 6 in. regulation length.

Hurdle racing—hurdles 2 ft. 6 in.

Pole-leaping.

Throwing the Hammer—regulation hammer 16 lbs., exclusive of handle.

Putting the Shot—regulation weight 16 lbs.

Tug of War for four, six, eight, ten or more men.

Throwing the 56-lb. weight.

STANDARD GAMES OF THE NORTH AMERICAN UNITED CALEDONIAN ASSOCIATION.

Throwing the Hammer—16 lbs., exclusive of handle.

Throwing the Hammer—12 lbs., exclusive of handle.

Putting the Shot—16 lbs.

Putting the Shot—12 lbs

Tossing the Caber.

Hitch and Kick.

Vaulting with Pole.

Hop, Step and Jump.

Sack Race over hurdles 18 inches high.

Quoits.

Hurdle Racing.

Standing High Jump.

Standing Long Jump.

Running Long Jump.

Running High Jump.

Three-Legged Race.

Running.

Walking.

Tug of War.

Highland Fling.

Ghillie Callum, or Sword Dance.

WALKING.

1. The Judge shall caution for any unfair walking, and the third caution shall disqualify the offender.

2. On the last lap an unfair walker shall be disqualified without previous caution.

NOTE.—For the information of all interested parties, Judges and contestants, we will give the true definition of a fair heel-and-toe walk, as laid down by experts.

Charles Westhall, one of the fairest and most successful walkers of England, gives his definition of it in the following words: "Walking is a succession of steps, not leaps, and with one foot always on the ground. The term 'fair heel-and-toe' is meant to infer that as the foot of the back leg leaves the ground, and before the toes have been lifted, that the heel of the foremost foot should be on the ground."

George Davison, another celebrated English walker, and the one whose record stood at the

head of the list for 9 to 21 miles until Mr. Perkins broke it, says: "A good walker must combine grace with quickness and perseverance. To walk well is a great art. It requires a natural carriage of the whole body, particularly of the head, without anything artificial or affected; a light yet firm step, the knees well straightened. The walk must not consist of jumps or skips; the heel of the foremost foot must be on the ground before the toe of the hindmost foot leaves it."

It seems to us that nothing can be plainer than this. The young beginner may find it difficult at first to conform to these requirements, but let him persevere and he will conquer. Above all, let the Judge of Walking be guided by the above definitions, and we will soon have not only speedier but more graceful walkers.

RUNNING HIGH JUMP.

1. The height of the bar at starting shall be determined by a majority of the competitors.

2. The bar must be cleared without displacement.

3. Competitors will be allowed three trials at each height.

4. Competitors must jump in the order of their numbers or names being called.

5. The bar shall be raised at the discretion of a majority of the contestants.

6. The raising of the bar shall be so continued until only one competitor can clear it, who shall be declared the victor.

7. When a competitor knocks down the bar, the next in rotation will take his turn, giving an interval of rest between each competitor. When only two remain, number one having cleared the bar, number two must then make his three trials in succession, or the jump clear.

NOTE.—No competitor can be excused from making his jump in the order named, as it would give such competitor an undue advantage by his commencing at a certain height fresh, while the others had for some time been competing.

RUNNING LONG JUMP.

1. At the point two lines must be drawn thirty-six inches apart, the first the scratch, the second the foul line. The take-off must be between these two lines. If the toe passes over the scratch line it will be declared a foul, and must stand as one of the three trials.

2. Measurement must be made from the toe to the first break made by the heel or foot.

3. Falling backwards, or if any part of the body

touches the ground within the space cleared by the jump, it is a foul, and must stand as one of the three trials.

4. The run is unlimited. Should be slow at first, quickening as the take-off is approached, in order to give force.

5. Each competitor shall be allowed three trials, and the one covering the greatest number of feet and inches, in accordance with the rules, to be declared the victor.

NOTE.—The rule now enforced compelling the jumper to toe a given mark before he makes his leap, is by no means fair. It is a rule established in England, many years ago, at a time when the running long leap was made over ditches filled with soft soil and water. In such cases it was important for a contestant to get as near the edge as possible. This is not now practised, and therefore a man is entitled to every inch he jumps, when it is done within the established laws of the running long jump.

STANDING WIDE OR BROAD JUMP.

1. Competitors must toe the scratch mark and jump from the first spring. They are at liberty to swing their arms, move their body, and raise the heels from the ground as often as they please, but no double spring will be allowed.

2. Stepping any part of the foot over the scratch mark in the effort to spring, must be declared "no jump," and shall count as one of the three trials.

3. Each competitor shall be allowed three trials.

4. Each competitor shall be credited with the best of his jumps.

5. The measurement shall be from the scratch line directly in front of the jumper's toes, to the first break of ground made by the hindmost heel or foot.

6. Falling backwards, or if any part of the body touches the ground within the space covered by the jump, it is a foul, and must stand as one of the three trials.

NOTE.—Jumping is an important branch of Athletics. It signifies to spring from one or both feet and to alight upon the same—not after they take the spring come sprawling upon the ground, and then expect to be awarded a prize. Such men should receive what they deserve, disqualification.

STANDING HIGH JUMP.

1. Competitors are allowed to stand facing the bar, or right or left side to the bar, what is known as side jump.

2 No false beat or double spring will be allowed.

When the feet leave the ground it must be declared either a jump or a foul. If the latter, it must be recorded as one of the three trials.

3. The height of bar at starting shall be decided by a majority of the contestants.

4. Three trials allowed at each height.

5. When the bar is knocked down, the order of proceeding will be the same as in the running high jump.

HURDLE RACING.

1. The usual distance, 120 yards, over ten hurdles, regulation height, three feet six inches upright, not less than 12 or more than 20 feet apart, first hurdle must be placed 15 yards from the scratch mark.

2. Hurdles must be cleared with a jump, touching the hands to the hurdle will be declared foul and the offender disqualified.

3. Hurdle races may be arranged for any distance and any height of hurdle.

4. Each contestant must keep in his direct line of starting, or as near so as circumstances will permit. Any deviation from such line will subject the offender to disqualification.

NOTE.—There are three requisites to make a good hurdler: Speed, spring, and judgment; speed to cover the ground, spring to jump the hurdles, and

judgment to measure the steps between the hurdles. It is one of the many healthful exercises in Athletics, but requires much practice and experience; beginners should make their first effort at two feet six inches. Great care must be taken not to touch the top bar as it virtually throws you out of the race and may cause injury.

VAULTING WITH POLE OR POLE-LEAPING.

1. The uprights should be nine feet apart, and the bar placed on pins projecting two inches.

2. The pole must fall so as not to touch the bar.

3. A competitor touching the bar without causing it to fall shall be considered to have cleared it.

4. The height of bar at starting shall be determined by a majority of the contestants.

5. Competitors will be allowed three trials at each height.

6. The bar shall be raised at the discretion of a majority of the contestants, and so continued until only one competitor vaults over it who shall be declared the victor.

7. When a competitor knocks the bar down, the rotation rule must be enforced, as in the running high jump.

8. Three balks shall be called "no vault," and must be recorded as one of the three trials.

NOTE.—This graceful and manly exercise has of late years been greatly abused, not so much for want of rules, as it was and is to have these rules enforced. We have seen two men, at three different meetings, claim the right to the grounds and time of at least one of the judges for from two to three hours, whereas, had the rules been strictly enforced, one would have gained a victory or both been disqualified. Gentlemen Judges, please remember these contestants appear before an audience (who pay admission) to perform, not to practise, and when they insist upon keeping the bar at a height that delays the games, they should be disqualified under the rules.

THROWING THE HAMMER.

1. The hammer head shall be of solid iron, perfectly round, standard weights, 16 and 12 pounds, exclusive of handle. Length of handle three feet six inches over all. The handle should be made from split *white hickory* wood.

2. The competitor must stand at the scratch with one foot touching the scratch-mark. He is at liberty to throw with one or both hands.

3. Touching the ground, over the scratch-mark,

with any portion of the body before the hammer strikes, shall be declared "no throw," and must be recorded as one of the three trials.

4. Permitting the hammer to carry a competitor from his balance or letting the hammer go out of time must stand as one of the three trials.

5. When the head and handle strike the ground at the same time the head or iron is the measuring mark, at the first break of the ground made by it. Should the handle strike first, one length of the handle, in a direct line with the throw, must be added. The measurement must be from the scratch-mark, midway between the thrower's feet, to the first break, in accordance with above rules.

NOTE.—In soft or clay bottom there is no difficulty in getting accurate measurement, but in quick or shifting sand close attention is required.

PUTTING THE SHOT.

1. The shot must be of solid iron and perfectly round, standard weight 16 pounds. The shot must be put from the shoulder with one hand, not thrown from the side or under swing.

2. Competitors will take their position between two parallel lines, said lines being seven feet apart. Passing the toe mark, or touching the ground outside of the mark, with any part of the body before

the shot strikes the ground, will be judged and recorded a foul, "no put," and must stand as one of the three trials.

3. Each competitor is entitled to three trials. The measurement shall be from the scratch-line or mark opposite the toe print to the first or nearest break of the ground made by the shot.

NOTE.—The object being to see how many feet and inches the competitors can put, in accordance with the above rules, not how straight they can put.

TUG OF WAR.

1. The rope must be one and one-half inches in diameter, and from eighty to one hundred and twenty feet in length.

2. The center and side creases should be of red or white and sewed into the layers of the rope. The side creases twelve feet on each side from centre crease.

3. The centre crease to be over scratch-mark when the word "heave" is given or the pistol is fired. The team hauling the centre crease to its own side to be declared the winners.

4. No foot holes for bracing to be made before the signal to heave is given.

5. Boots or shoes of any description allowed, but without projecting nails or spikes.

6. Immediately after weighing the captains of all the competing teams, they shall draw and tug in the order of drawing.

7. The captains must draw or toss for choice of ground. If the same two teams tug more than once, they must change ends at each successive tug.

8. With two teams they must tug best two out of three, unless stipulated single tug.

9. With three teams 1 and 2 shall pull, then 2 and 3, next 3 and 1.

10. With four teams 1 and 2 shall pull, next 3 and 4, and the winners pull the final.

11. With five teams, first round or pull, 1 and 2, next 3 and 4; the winner of first heat will now pull with 5, and the winner of this heat pulls the final with the winner of second heat of first round.

12. With six teams, first round or pull, 1 and 2, next 3 and 4, then 5 and 6.

Second round or pull shall be with winners of first and second heats, the winner of this heat now pulls the final with winner of third heat in first round.

13. When more than six teams are entered, they shall tug on the same principle as in the above examples.

14. No man shall be substituted for another who has already pulled in one trial, nor shall any man

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be allowed to pull with more than one team in any of the trials for the same prize.

15. The limit of time must be agreed upon, and so published or announced.

16. The weights in "Tug of War" shall be:

Feather Weight, 125 lbs. and under.

Light " 150 " "

Middle " 175 " "

Heavy " any weight above 175 lbs.

Men to be weighed in their regular exercising dress.

17. The earth shall be dug up or loosened to a width not exceeding three feet, and a depth of not less than six inches.

THROWING FIFTY-SIX POUND WEIGHT.

1. This must be of solid iron. No restriction as to shape of weight or handle. The weight, including handle, must weigh just 56 lbs.

2. The competitor must stand at the mark or scratch, grasping the weight by the handle, and throw it with one hand.

3. Touching the ground over the scratch-mark with any portion of the body before the weight strikes shall be declared "no throw," and must be recorded as one of the three trials.

4. Each competitor allowed three trials.

5. Each competitor shall be credited with the best of his three throws.

6. The measurement must be from scratch-mark in centre of thrower's left foot, if he throws with the right hand, or the reverse if with the left, to the first break of the ground made by the weight.

HITCH-AND-KICK.

1. The contestants must spring, kick and alight on the same foot.

2. The run unlimited.

3. The height of tambourine at starting shall be determined by a majority of the contestants.

4. Three trials allowed at each height.

5. Each competitor must take his trial in the order of his number or name being called.

6. Touching the tambourine or object with foot or any part of the leg below the knee, counts as a fair kick and nothing else.

7. Springing and kicking without touching the object kicked at counts as a try, and must be recorded as one of the three trials.

RULES FOR BETTING.

1. In all bets there must be a possibility to win when the bet is made; you cannot win when you cannot lose. There is certainty underlying every

positive proposition, and nothing invalidates a bet but a *fraud*, which deprives a party of any chance to win.

2. A bet cannot be off except by mutual consent; but either party may demand the money to be put up on the day of the race or event, giving reasonable notice thereof, and, on refusal, may declare such bet "off."

3. When a person who bets on a man, boat or horse, he has chosen that one, and the field is what starts against it.

4. The interests of the bets are inseparable from the interests of the stakes or prize; or, in other words, bets go with the main stake or prize, but all bets specially made, as *first in*, or *first, second* or *third*, must be decided by the order of passing the scratch-mark or post.

5. Bets upon amateur athletic contests are not made "play or pay," unless so named at the time the bet is made.

6. If a match or meeting is made for any particular day in the week, all bets stand; but if the day is changed, or the race postponed to any day in a different week, or if the slightest alteration is made in the terms of the agreement, all bets made before the postponement or alteration are void.

7. If two men walk or run, or two crews row a dead heat, and agree to divide the stakes or plate,

all bets between such men or crews, or between them and the field, must be settled by the money being put together and divided between the parties interested in the same proportion as the stakes or plate.

8. Bets on men or crews disqualified before the start are void.

9. Bets become void by the death of either party making them.

Question.—A man bets he can walk, run or row a given distance in such a time, not naming the the number of trials he is to have.

Answer.—There is a rule of reason, of custom, of common sense, and of sound law, which is, that the performer shall have but one trial, unless the agreement stipulates for more.

This answer carries with it all questions of like nature. Common sense, as well as common law, must be exercised in drawing agreements.

SWIMMING.

As a health-giving exercise the useful art of swimming has always been held in high esteem, and has ever been found to be a most delightful and invigorating pastime, yet in a country like this, with all its large cities bordering on river or lake, it is astonishing how few of the people learn

this necessary accomplishment. The chief cause of neglecting the acquirement of this art, is because parents leave it entirely to chance, indeed, sometimes to accident, whether their children acquire it or not. Confidence is the first necessity for a swimmer; when that is once attained, plain swimming can be acquired with comparative facility; the more scientific branches require both study and long practice. Swimming is learned in the majority of cases only after repeated and long continued endeavors, although the mere act of swimming in itself is a perfectly simple operation. Whence, then, arises this difficulty? Partly from want of confidence. But as care is necessary, let the pupil take his first dip in the water about up to his waist, and never jump in head-first until he gets used to the water. I have seen a number of cases in which the pupil would have been drowned had not assistance been rendered, through the sudden shock to the system, principally from want of confidence, and, in order to obtain that, it is quite necessary to avoid all intimidating risk at the commencement. The pupil ought, therefore, in the first instance, to commence in water (as I have said) not deeper than his waist, into which he should walk gradually. The ordinary practice, and one which is unfortunately too often recommended and as often followed, of plunging in

head-first, cannot be too severely condemned, for, apart from the danger of drowning, the shock to the system frequently produces an amount of discouragement and nervous trepidation which require some time to eradicate. When you have advanced to the depth stated and there is no sense of fear, you may gradually immerse yourself; this may be repeated a number of times. Next try to pick up some object from the bottom, and you will find this a very difficult task. The resistance of the water will soon give you confidence in its buoyant properties. This experiment will give the conviction (to a man of some mind) that his body is lighter than water. After this confidence-inspiring practice has been sufficiently followed, the pupil may advance a little deeper; then he must face the shore and place the hands, the fingers being close together, about four inches under water, leaning on the water with the palms, the hands being slightly concaved; the body is to be thrown forward—he will then be in a straight line on the surface as the legs will naturally follow. He is immediately to draw the hands round, forming a half circle, the elbows coming close to the body and the hands to the chest; the legs, while doing this, must be drawn up ready for the next stroke with toes turned out, the feet as wide apart as possible; and again, as he sends his hands out in

front, he is to kick the legs out to their fullest extent behind, still keeping them separate till he has formed as wide a circle with his feet as possible, the legs coming close together at the end of each stroke. Without this simultaneous action of the arms and legs it is impossible to become a good swimmer. It is of the utmost importance, in propelling the body, to use the feet properly; and to do so it is necessary when the legs are drawn up for the kick to draw up the feet, using the ankle joint so that the sole perfectly meets the water; at the end of the kick let the foot drop, so that in drawing the leg up again the insteps or upper part of the foot offers as little resistance as possible to the water. This action of the ankle joint is absolutely necessary before perfection can be obtained.

Swimming on the back is very easily accomplished. Place the hands on the sides of the body near the hips; lay the head and body easily down on the water, the knees and elbows turned out so that they keep under; the head and body must lie perfectly still; the legs must then be drawn up and used the same as in chest swimming, not forgetting to use the ankle joint as before stated.

All will admit the importance of knowing how to swim; and, as it takes so little time to acquire the knowledge, I advise all to embrace the present

opportunity, and for the best of all reasons—daily health, and safety in the hour of danger.

As a suggestion, it is decidedly better to learn how to swim first in fresh water, because its buoyancy is less than that of salt-water, and thus establish perfect confidence under all contingencies. A learner, who has attained considerable proficiency only in sea-water, will find his sense of security greatly lessened the first time he swims in fresh water.

TREATMENT OF THE APPARENTLY DROWNED.

1. Drain off the water from chest and stomach. Strip the patient to the waist, and place him face downward, the pit of the stomach slightly raised above the level of the mouth; press your weight forcibly upon the patient's back, so as to press all fluids in the stomach out of the mouth.

2. To perform artificial breathing, turn the patient upon his back, with something beneath that will make the breast-bone the highest point of the body; kneel beside or astride the patient's hips, grasp the front part of his chest on either side of the pit of the stomach, resting your fingers along the spaces between the short-ribs, brace your elbows against your sides, and steadily grasping and pressing forward and upward throw consider-

able weight upon the chest, gradually increasing the pressure while you can count one—two—three—then suddenly let go with a final push, which springs you back to your first position. Repeat these motions from five to ten times a minute.

Use the same regularity as in blowing bellows and as is seen in natural breathing, which you are imitating.

If another person be present, let him, with one hand, by means of a dry piece of linen, hold the tip of the patient's tongue out of one corner of the mouth, and with the other hand grasp both wrists and pin them to the ground above the patient's head.

3. After breathing has become natural, dry the patient as quickly as possible; wrap him in blankets or woolen garments, and let him be kept perfectly quiet; provide free circulation of air; give weak brandy and water, a teaspoonful every five minutes during the first half-hour, and afterward occasionally as may seem expedient.

4. Avoid delay—a moment may turn the scale for life or for death.

5. Prevent friends from crowding around the patient.

6. Any time within two hours you may restore life, so do not be impatient.

LAWS OF LACROSSE.

The following Revised Laws are those adopted by the National Lacrosse Association of Canada :

1. *Section I.* The crosse may be of any length to suit the player, woven with catgut, which must not be bagged. ("Catgut" is intended to mean raw-hide-gut or clock strings, not cord or soft leather.) The netting must be flat when the ball is not in it. In its widest part the crosse shall not exceed one foot. No string must be brought through any hole at the side of the tip of the turn. A leading-string resting upon the top of the stick may be used, but not fastened so as to form a pocket lower down the stick than to the end of the length-strings. The length-strings must be woven to within two inches of their termination, so that the ball cannot catch in the meshes.

Sec. II. Players may change their crosse during a match.

2. The ball must be India-rubber sponge, not less than eight and not more than nine inches in circumference. In matches it must be furnished by the challenged party.

3. The goals may be placed any distance from each other, and in any position agreeable to the captains of both sides. The top of the flag-poles must be six feet above the ground, including any top ornaments, and six feet apart. In matches they must be furnished by the challenged party.

4. There shall be a line or crease, to be called the goal-crease, drawn in front of each goal, six feet from the flag-poles, within which no opponent must stand unless the ball has passed cover-point.

5. *Sec. I.* There must be two umpires at each goal, one for each side, who must stand behind the flags when the ball is near or nearing the goal, unless otherwise agreed upon by the captains. They must not be members of either club engaged in the match, nor shall they be changed during a match except for reasons of illness or injury. They must be thoroughly acquainted with the game, and in every way competent to act. Before a match begins they shall draw the players up in line, and see that the regulations respecting the crosse, spikes, soles, etc., etc., are complied with. They must also see that the regulations are adhered to respecting the ball, goal, crease, etc., and, in deciding any of these points, shall take the opinions of the captains and the referee. They must know before the commencement of a match the number of games to be played. They shall have power to decide all disputes, subject to Law 6, and to suspend for any time during the match any player infringing these laws, the game to go on during such suspension.

Sec. II. No umpire, either directly or indirectly, shall be interested in any bet upon the results of the match. No person shall be allowed to speak to the umpires, or in any way distract their attention when the ball is near or nearing the goal.

Sec. III. When "foul" has been called, the umpires must leave their posts and cry "time," and from that time the ball must not be touched by either party, nor must the players move from the position in which they were standing in at the moment, until the umpires have returned to their posts and "play" is called. If a player should be in possession of the ball when the umpires leave their posts, he must drop it on the ground in front; if the ball enters the goal after the umpires leave

their posts it will not count. The jurisdiction of umpires shall not extend beyond the day of their appointment; they shall not decide in any matter involving the continuance of a match beyond the day on which it is played.

6. The umpires shall select a referee, to whom all disputed games and points, whereon they are tied, may be left for decision, and who must be thoroughly acquainted with the game, and in every way competent to act. He shall take the evidence of the players particularly interested, the respective opinions and offers of the captains. In cases where the discontinuance of the game is threatened, his decision shall be final. Any side rejecting his decision by refusing to continue the match, shall be declared the losers. The referee must be on the ground at the commencement of, and during the match, but during the play he shall not be between the two goals. The referee has no right to express an opinion, and any expressed opinion must be taken as his decision. His "first" decision must in all cases be final.

7. Captains to superintend the play may be appointed by each side previous to the commencement of a match. They shall be members of the club by whom they are appointed, and of no other. They may or may not be players in a match; if not, they shall not carry a crosse, nor shall they be dressed in Lacrosse uniform. They shall select umpires, and toss up for choice of goal. They shall report any infringement of the laws during a match to the nearest umpires.

8. The players of each side shall be designated as follows: "*Goal-Keeper*, who defends the goal; *Point*, first man out from goal; *Cover-Point*, in front of *Point*; *Centre*, who faces *Home* nearest opponent's goal. Others shall be termed *Fielders*.

9. *Sec. I.* Twelve players shall constitute a full field, and they must have been regular members of the club they represent, and no other, for at least thirty days prior.

Sec. II. A match shall be decided by the winning of three games out of five, unless otherwise agreed upon.

Sec. III. Captains shall arrange previous to a match whether it is to be played out in one day, or postponed at a stated hour, in the event of rain, darkness, etc., or to be considered a draw under certain circumstances, and, if postponed, if it is to be resumed where left off.

Sec. IV. If postponed and resumed where left off, there shall be no change of players on either side.

Sec. V. Either side may claim at least five minutes rest, and not more than ten, between each game.

Sec. VI. No Indian must play in a match for a Club unless previously agreed upon.

Sec. VII. After each game the players must change sides.

Sec. VIII. No change of players must be made after a match has commenced, except by reasons of accident or injury during the match; when a match has been agreed upon and one side is deficient in the number of players, their opponents may either limit their own numbers to equalize the sides, or compel the other side to fill up the complement.

10. No player must wear spiked soles.

11. The ball must not be touched with the hand, save in the case of Rules 12 and 13.

12. Goal-keeper, while defending goal, within the goal crease, may put away with his hand or block the ball in any manner.

13. Should the ball lodge in any place inaccessible to the crosse, it may be taken out by the hand, and the

party picking it up must *face* with his nearest opponent.

14. Ball thrown out of bounds must be picked up with the hand, and *faced* for at the nearest spot within bounds.

15. No player shall throw his crosse at a player or at the ball under any circumstances.

16. Should the ball be accidentally put through a goal by one of the players defending it, it is game for the side attacking that goal. Should it be put through a goal by any one not actually a player, it shall not count.

17. Should the ball catch in the netting, the crosse must immediately be struck on the ground so as to dislodge it.

18. No player shall take hold of another's crosse, nor shall grasp opponent's stick with his hands, under his arms, nor between his legs, nor shall any player hold his opponent's crosse with his crosse in any way to keep him from the ball until another player reaches it.

19. Any player raising his fist to strike another shall be immediately ruled out of the match.

20. *Sec. I.* Any player considering himself purposely injured during play must report to his captain, who must report to the umpires, who shall warn the players complained of.

Sec. II. In the event of persistent fouling, after cautioning by the umpires, the latter may declare the match lost by the side thus offending, or may remove the offending player or players, and compel the side to finish the match short-handed.

21. In the event of a match being interrupted by darkness, or to any other cause considered right by the umpires, and one side having won two games, the other none, the side having won the two games shall be declared winners of the match. Should one side have won

two games and the other one, the match shall be considered drawn.

22. In the event of a flag-pole being knocked down during the game, and the ball put through what should be the goal if the flag were standing, it will count game for the side putting it through.

23. Any amendment or alteration proposed to be made in any of these laws shall be made only at the Annual Conventions of the National Association, and by a three-fourths vote of the members present.

FOOTBALL.

The following Revised and latest Laws of Football are those adopted by the Rugby Union :

1. A *drop-kick* or *drop*, is made by letting the ball fall from the hands, and kicking it at the very instant it rises.

2. A *place-kick* or *place*, is made by kicking the ball after it has been placed in a nick made in the ground for the purpose of keeping it at rest.

3. A *punt* is made by letting the ball fall from the hands, and kicking it before it touches the ground.

4. Each goal shall be composed of two upright posts exceeding 11 feet in height from the ground, and placed 18 feet 6 inches apart, with a cross-bar 10 feet from the ground.

5. A *goal* can only be obtained by kicking the ball from the field of play direct (without touching the ground, or the dress or person of any player of either side) over the cross-bar of the opponents' goal, whether it touch such cross-bar or the posts or not; but if the ball goes

directly over either of the goal-posts, it is called a poster, and is not a goal. A goal may be obtained by any kind of kick except a punt.

6. A *try* is gained when a player touches the ball down in his opponent's goal.

7. A match shall be decided by a majority of goals, but if the number of goals be equal, or if no goal be kicked by a majority of tries, or if no goal be kicked or try obtained, the match shall be drawn. When a goal is kicked from a try, a goal only is scored.

8. The ball is *dead* when it rests absolutely motionless on the ground.

9. A *touch down* is when a player, putting his hand upon the ball on the ground in touch or in goal, stops it so that it remains dead or fairly so.

10. A *tackle* is when the holder of the ball is held by one or more players of the opposite side.

11. A *scrimmage* takes place when the holder of the ball being in the field of play puts it down on the ground in front of him, and all who have closed round on their respective sides endeavor to push their opponents back, and by kicking the ball to drive it in the direction of the opposite goal-line.

12. A player may take up the ball whenever it is rolling or bounding, except in a scrimmage.

13. It is not lawful to take up the ball when dead (except in order to bring it out after it has been touched down, in touch or in goal) for any purpose whatever. Whenever the ball shall have been so unlawfully taken up, it shall at once be brought back to where it was so taken up and there put down.

14. In a scrimmage it is not lawful to touch the ball with the hand under any circumstances whatever.

15. It is lawful for any player who has the ball to run

with it, and, if he does so, it is called a *run*. If a player runs with the ball until he gets behind his opponent's goal-line and there touches down, it is called a *run in*.

16. It is lawful to run in anywhere across the goal-line.

17. The goal-line is in goal, and the touch-line is in touch.

18. In the event of any player holding or running with the ball being tackled, and the ball fairly held, he must at once cry "down," and there put it down.

19. A *maul* in goal is when the holder of the ball is tackled inside a goal-line, or being tackled immediately outside, is carried or pushed across it, and he on the opposite side, or both, endeavor to touch the ball down. In all cases the ball, when so touched down, shall belong to the players of the side who first had possession of it, before the maul commenced, unless the opposite side have gained entire possession of it.

20. In case of a *maul in goal* those players only who are touching the ball with their hands, when it crosses the goal-line, may continue in the maul in goal, and when a player has once released his hold of the ball after it is inside the goal-line, he may not again join in the maul, and, if he attempts to do so, he may be dragged out by the opposite side. But if a player, when running in, is tackled inside the goal-line, then only the player who first tackled him, or if two or more tackle him simultaneously, they only may join in the maul.

21. Immediately the ball, whether in the hands of a player or not, goes into touch in goal, it is at once dead and out of the game, and must be brought out as provided by rules 41 and 42.

22. Every player is on side, but is put off side if he enters a scrimmage from his opponent's side, or being in

a scrimmage gets in front of the ball, or when the ball has been kicked, touched, or is being run with by any of his own side behind him, between himself and his own goal-line. No player can be off side in his own goal.

23. Every player, when off side, is out of the game, and shall not touch the ball in any case whatever, either in or out of touch or goal, or in any way interrupt or obstruct any player until he is again *on side*.

24. A player being off side is put on side when the ball has been run with five yards, or kicked by, or has touched the dress or person of any player of the opposite side, or when one of his own side has run in front of him, either with a ball or having kicked it when behind him.

25. When a player has the ball, none of his opponents who at the time are off side may commence or attempt to run, tackle, or otherwise interrupt such player until he has run five yards.

26. It is lawful for any player who has the ball to throw it back towards his own goal, or to pass it back, to any player of his own side who is at the time behind him, in accordance with the rules of *on side*.

27. *Knocking on*, that is, deliberately hitting the ball with the hand, and (throwing forward) throwing the ball in the direction of the opponent's goal-line, are not lawful. If the ball be either knocked on or thrown forward, the captain of the opposite side may (unless a fair catch has been made as provided by the next rule), require to have it brought back to the spot where it was so knocked on or thrown forward and there put down.

28. A *fair catch* is a catch made direct from a kick, or a throw forward, or a knock on, by one of the opposite side, or from a punt-out or a punt-on, (see rules 29

and 30,) provided the catch makes a mark with his heel at the spot where he has made the catch and no other of his own side touch the ball. (See rules 43 and 44.)

29. A *punt-out* is a punt made after a touch-down by a player from behind his opponent's goal-line towards his own side, who must stand outside the goal-line and endeavor to make a fair catch, or to get the ball and run in or drop a goal. (See rules 49 and 51.)

30. A *punt-on* is a punt made in a manner similar to a punt-out, and from touch if necessary, by a player who has made a fair catch from a punt-out or another punt-on.

31. If the ball goes into *touch*, the first player on his side who touches it down must bring it to the spot where it crossed the touch line; or if a player, when running with the ball, cross or put any part of either foot across the touch line, he must return with the ball to the spot where the line was so crossed, and thence return it into the field of play in one of the modes provided by the following rule.

32. He must then himself, or by one of his own side, either

- i. Bound the ball in the field of play, and then run with it, kick it, or throw it back to his own side; or,
- ii. Throw it out at right angles to the touch line; or,
- iii. Walk out with it at right angles to the touch line any distance not less than *five* nor more than *fifteen* yards, and there put it down, first declaring how far he intends to walk out.

33. If two or more players holding the ball are pushed into *touch*, the ball shall belong *in touch* to the player who first had hold of it in the field of play, and has not released his hold of it.

34. If the ball when thrown out of *touch* be not thrown out at right angles to the touch line, the captain

of either side may at once claim to have it thrown out again.

35. A catch made when the ball is thrown out of touch is not a *fair catch*.

36. *Kick off* is a place-kick from the centre of the field of play, and cannot count as a goal. The opposite side must stand at least *ten* yards in front of the ball until it has been kicked. If the ball pitch in touch it shall be brought back and kicked off again.

37. The ball shall be *kicked off*

i. At the commencement of the game.

ii. After a goal has been obtained.

iii. After change of goals at half-time.

38. Each side shall play from either goal for an equal time.

39. The captains of the respective sides shall toss up before commencement of the match; the winner of the toss shall have the option of choice of goals, or the kick off.

40. Whenever a goal shall have been obtained, the side which has lost the goal shall then kick off. When goals have been changed at half-time, the side which did not kick off at the commencement of the game shall then kick off.

41. *Kick out* is a drop-kick by one of the players of the side which has had to touch the ball down in their own goal or into whose touch in goal the ball has gone (Rule 21), and is the mode of bringing the ball again into play, and cannot count as a goal.

42. *Kick out* must be a *drop-kick*, and from not more than *twenty-five* yards outside the kicker's goal-line. If the ball when kicked out pitch in touch, it must be taken back and kicked out again. The kicker's side must be behind the ball when kicked out.

43. A player who has made and claimed a *fair catch* shall thereupon either take a *drop-kick*, or a *punt*, or *place* the ball for a *place-kick*.

44. After a *fair catch* has been made the opposite side may come up to the catcher's mark, and (except in cases under Rule 50) the catcher's side retiring, the ball shall be kicked from such mark, or from a spot any distance behind it.

45. A player may touch the ball down in his own goal at any time.

46. A side having touched the ball down in their opponents' goal shall *try at goal* either by a *place-kick* or a *punt-out*.

47. If a *try at goal* be made by *place-kick*, a player of the side who has touched the ball down shall bring it up to the goal-line (subject to Rule 48), in a straight line from and opposite to the spot where the ball was touched down, and there make a mark on the goal-line, and thence walk straight out with it at right angles to the goal-line, such distance as he thinks proper, and there place it for another of his side to kick. The kicker's side must be behind the ball when it is kicked, and the opposite side must remain behind their goal-line until the ball has been placed on the ground. (See Rules 54 and 55.)

48. If the ball has been touched down between the goal-posts it must be brought out in a straight line from either of such posts.

49. If the *try at goal* be by a *punt-out* (see Rule 29), a player of the side which has touched the ball down shall bring it straight up to the goal-line opposite to the spot where it was touched down, and there make a mark on the goal-line and then *punt-out*. The opposite must

keep behind their goal-line until the ball has been kicked. (See Rules 54 and 55.)

50. If a *fair catch* be made from a *punt-out* or a *punt-on* the catcher may either proceed as provided by Rules 43 and 44, or himself take a *punt-on*, in which case the mark made on making the fair catch shall be regarded (for the purpose of determining as well the position of the player who makes the *punt-on* as of the other players of both sides) as the mark made on the goal-line in the case of a *punt-out*.

51. A catch made in touch from a *punt-out* or a *punt-on* is not a fair catch; the ball must then be taken or thrown out of touch as provided by Rule 32, but if the catch be made in touch in goal the ball is at once dead, and must be *kicked out*, as provided by Rules 41 and 42.

52. When the ball has been touched down in the opponent's goal, none of the side in whose goal it has been so touched down shall touch it, or in any way displace it or interfere with the player of the other side who may be taking it up or out.

53. The ball is *dead* whenever a goal has been obtained; but if a *try at goal* be not successful, the kick should be considered as only an ordinary kick in the course of the game.

54. *Charging*, i. e., rushing forward to kick the ball or tackle a player, is lawful for the opposite side, in case the player who is bringing the ball out after a *try at goal* has been obtained (see Rules 47 and 48) shall fail to make a mark on the goal-line, in all cases of a *place-kick* after a *fair catch*, or upon a *try at goal*, immediately the ball touches or is placed upon the ground; and in cases of a *drop-kick* or *punt* after a *fair catch*, as soon as the player having the ball commences to run or offers to kick, or

the ball has touched the ground; but he may always draw back, and unless he has dropped the ball or actually touched it with his foot, they must again retire to his mark. (See Rule 56.) The opposite side in the case of a *punt-out* or *punt-on*, and the kicker's side, in all cases may not *charge* until the ball has been kicked.

55. If a player, having the ball when about to *punt it out*, goes outside the goal-line, or, when about to *punt-on*, advances nearer to his own goal line than his mark, made on making the fair catch, or if, after the ball has been touched down in the opponent's goal, or a fair catch has been made, more than one player of the side which has so touched it down or made the fair catch, touch the ball before it is again kicked, the opposite side may *charge* at once.

56. In cases of a *fair catch* the opposite side may come up to and *charge* from anywhere on or behind a line drawn through the mark made by the player who has made the catch, and parallel to their own goal-line; but in the case of a *fair catch* from a *punt-out* or a *punt-on*, they may not advance further in the direction of the touch line nearer to such mark than a line drawn through such mark to their goal-line and parallel to such touch line. In all cases (except a *punt-out* and a *punt-on*) the kicker's side must be behind the ball when it is kicked, but may not *charge* until it has been kicked.

57. *No hacking*, or *hacking over*, or tripping up, shall be allowed under any circumstances.

58. No one wearing projecting nails, iron plates, or gutta percha on any part of his boots or shoes shall be allowed to play in a match.

59. That unless umpires be appointed, the captains of the respective sides shall be the sole arbiters of all disputes, and their decisions shall be final. If the captain

of either side challenge the construction placed upon any rules, he shall have the right of appeal to the Rugby Union Committee.

60. Neither half-time nor no side shall be called until the ball is fairly held or goes out of play, and in the case of a try or fair catch the kick at goal shall be allowed.

BOWLING.

Bowling may be fairly considered as one of the best pastimes, as it develops and exercises all the muscles of the body, without unnatural exertion. The following are the Revised Laws of the National Bowling Association.

1. The game adopted to be played by clubs belonging to this Association shall be what is known as the American Ten Frame Game.

2. In the playing of match games there shall be a line drawn upon the alleys sixty feet from the head or front pin.

3. In the playing of match games, any wooden ball may be used, including Wood's Patent Bush Ball, that does not exceed twenty-seven inches in circumference.

4. The games shall consist of ten frames on each side, when, should the number of points be equal, the play shall be continued until a majority of points upon an equal number of frames shall be attained, which shall conclude the game. All strikes and spares made in tenth frame shall be completed before leaving the alley and on the same alley as made.

5. In playing all match games, ten players from each club shall constitute a full team, and they must have been regular members of the club which they represent for thirty days immediately prior to the match; and they

shall not play in a team representing any other club during the season.

6. Players must play in regular rotation, and after the first inning no change can be made, except with the consent of the Captains.

7. In match games, two alleys only are to be used; a player to roll but a frame at a time, and to change alleys every frame.

8. The Umpire shall take great care that the regulations respecting the balls, alleys, and all rules of the game, are strictly observed. He should be the judge of fair and unfair play, and shall determine all disputes and differences which may occur during the game. He shall take special care to declare all foul balls immediately upon their occurrence, unasked, in a distinct and audible voice. He shall in every instance, before leaving the alley, declare the winning club, and sign his name in the score book.

9. In all matches the Umpire shall be selected by the Captains of the respective clubs, and he shall perform all the duties in Rule 8, except recording the game, which shall be done by two scorers, one of whom shall be appointed by each of the contending clubs.

10. No person engaged in a match game, either as Umpire, Scorer or player, shall be directly or indirectly interested in any bet on the game. Neither Umpire, Scorer or player shall be changed during a match, unless with the consent of both parties, except for reason of illness, or injury, or for a violation of these rules, and then the Umpire may dismiss any such transgressors.

11. No person except the Captains shall be permitted to approach or speak with the Umpire, Scorers or players during the progress of the game, unless by special request of the Umpire.

12. No person shall be permitted to act as Umpire, Scorer or Judge on setting up pins in any match, unless he be a member of a club governed by these rules.

13. Whenever a match game shall have been determined upon between two clubs, play shall be called at the exact hour appointed, and should either party fail to produce their players within thirty minutes thereafter, the club so failing shall admit a defeat, and the game shall be considered as won, and as such counted in the list of matches played; unless the delinquent club fail to play on account of the recent death of one of its members, or one of its member's own family, and sufficient time has not elapsed to enable them to give their opponents due notice before arriving at the place to play.

14. A player must not step on or over the line in delivering the ball, nor after it has been delivered. Any ball so delivered shall be *deemed foul*, and the pins (if any made on such ball) shall be replaced in the same position as they were before the ball was rolled. It is also considered a foul ball if the hand is placed on any part of the alley beyond the line. All foul balls shall count as balls rolled.

15. Should the first ball delivered on a full frame leave the alley before reaching the pins, the pins, if any made on such ball, shall not count, but must be set up again, the ball to count as a ball rolled. After the first ball on each frame, all pins knocked down from the effect of the ball rolled by the player shall count to his credit; unless the ball should rebound from the back cushion, when the pins so knocked down shall be respotted and not counted.

16. No lofting or throwing balls upon the alley will be allowed. The ball must be rolled. Such balls will be considered foul at the discretion of the Umpire.

17. In all match games two persons to act as Judges

shall be chosen, one by each Captain, who shall take their positions at the head of the alleys, and see that the pins are properly set up and that no one interferes with them in any way until the player is through rolling. They will immediately report to the Captains any irregularities that they may notice during the progress of the game.

18. Any club that shall be detected in tampering with the persons setting up the pins, or by any unfair means seeking to win a victory, shall, on proof of such conduct, be expelled from the Association.

19. To decide the championship hereafter, each club shall play one game with every club in the Convention, said game to be played on a neutral alley. When a game is arranged between two clubs who occupy the same alley, said alley shall be considered as neutral, and the game may be played thereon subject to mutual agreement. Any club having no engagement, and receiving a challenge, must roll the game within fifteen days from the delivery of such challenge. Any other challenge received during said fifteen days must be acted upon and game played within ten days from date of completion of former game. The alley to be named immediately after the toss. The club failing to comply with the above forfeits the game. The club winning the greatest number of games on or before the September meeting of the Association in each year shall be declared the Champion.

20. No person who has been expelled from any club, or who shall at any time receive compensation for his services as a player, shall be competent to play in match any club giving compensation to a player, or having to its knowledge such a player in its team, shall be debarred from membership in the National Association, and they shall not be considered by any club belonging to this Association as a proper club to engage in a match game

and such club so playing with them shall forfeit its membership.

21. Any match games played by any club in contravention of the rules adopted by this Association shall be considered null and void, and shall not be counted in the list of match games won or lost.

22. Any club refusing to play any other club in the Association, according to the rules, shall forfeit all claims to the championship, and all games played with such club shall be considered null and void, and shall not count in the list of games won or lost.

23. A regulation pin must be used in match playing. Each pin, excepting the king-pin, to be from fifteen to sixteen inches in length and fifteen inches in circumference at the thickest part.

24. Should the games played for the championship result in a tie between two or more clubs, a deciding game shall be played according to the rules of this Association.

25. Any club expelling a member shall immediately notify the Corresponding Secretary of the Association, and he shall notify the several clubs on the receipt of such information.

26. No club shall issue or receive more than two challenges at a time.

LAWN TENNIS.

The players may be few or many, but the best game is formed by two, four, or eight persons. When more than two join the game, sides are to be formed. The players occupy the courts on each side of the net, and the choice of courts is usually

decided either by tossing or by a spin of the racquet. For the sake of simplification, the winner of the service is called *server*, and the player who receives the service, the *servee*. He who serves (*i. e.*, delivers the first stroke) is said to be *Hand-in*, if he loses a stroke, he becomes *Hand-out*, and his adversary becomes *Hand-in* and serves.

DESCRIPTION OF THE GAME.

The ball shall be served by the *Hand-in* standing with one foot without the base line of the court. The racquet should be held lightly but firmly with the fingers and in such a position that, while the stroke may be firm and vigorous, the wrist may have free play in order to attain the strokes, the *cut*, the *twist*, and the *screw*, which enable the player to place the ball in any part of his adversary's court. He must serve the ball from the right and left court alternately, and must hit it so that it shall drop over the net between the *net* and *service line* of the court diagonally opposed to that from which it was delivered. The *server* or *Hand-in* from the left court, consequently has to serve to the *servee* or player occupying the left hand court on the opposite side. It is a fault if the ball served shall drop in the wrong court or beyond the service line, and the *Hand-in* shall serve again from the same court.

The ball to be served properly must fall in the court diagonally opposed to the server, between the net and the service line. If the *Hand-out* or *servee* take, or attempt to take, a ball served in the wrong court, or over the service line, the service shall be treated as good (*i. e.*, it shall not be a fault of the server). The service, or ball

served, is not to be volleyed (*i. e.*, taken before it shall have touched the ground) by the *Hand-out* or *servee*. The *Hand-in* is not to serve until the *Hand-out* shall be prepared. The *Hand-in* shall win a stroke and score one point if the *Hand-out* fails to return the ball served or any subsequent stroke, if he volleys the service, or if he strikes the ball in play so that it shall drop out of the court. The *Hand-in* shall be *Hand-out* if he fails to serve the ball over the net, or if he serves it so that it shall drop out of the court. If he makes two successive faults (*i. e.*, if he twice serves the ball into the wrong court or beyond the service line), he shall also be *Hand-out*; or if, after the ball has been returned by the *Hand-out*, in his turn he fails to return the ball in play so that it shall drop in the opposite court.

The *Hand-in* duly serves the ball from the right court to the opposite right court, between the net and the service line, and the *Hand-out* following up the game safely returns the ball after it *has touched the ground, and before it has touched the ground a second time*, so that it shall pass over the net in due course. After the service has been so returned, the ball is a *good* return, provided that it falls *anywhere* on the opposite side of the net, and not outside the base or boundary lines. After the service has been returned by the *servee*, all distinctions of court cease, and the ball is hit to and fro until either it fails to pass over the net, or it goes over the base line, or outside the boundary lines. If it touch the hand, or any part of the person, or clothes of any player, or if a player shall strike the ball more than once, it shall also be a false stroke, and count to the opposite side; or if a player either take a fault, or aim at and miss a ball that passes over the base or boundary lines, it shall be considered a false stroke, and count to

the opposite side. A ball which drops on any line is considered to have dropped into the court marked by that line, and to be a good service or return although the ball touch the net or either of the posts.

The game is won by the player or side first scoring fifteen aces, and an ace is won whenever the *Hand-out* fails to return the ball properly over the net or outside the boundaries, if it hits his person or clothes, if he aims at and misses a ball passing outside the boundary lines. Any of these failures gives an ace to the *Hand-in*, and he serves again from the opposite court serving, alternately from each court until he becomes *Hand-out* by failing to return the ball according to rule. It is worthy of remark too, that if both players reach fourteen the score is called "Deuce." Another point called "Vantage" is then introduced, and a player, in order to score Game, must *win two points in succession*, viz., Vantage and Game, otherwise, though he may have won Vantage, if he should lose the next stroke the score returns to Deuce.

Double matches are played the same as single, except that there are two players on each side. At the commencement of a game, the *Hand-in* or side serving shall only have *one* service, and on that player being *Hand-out*, both the opposite side are *Hand-in*, the same as at Racquet. *One* member of A's side serves first, and if either his partner or he fail to return the ball properly, the *Hand-in* goes to B to be followed by B's partner, and then to A and his partner, and so on. After the first *Hand-in*, when the *Hand-in* who first serves shall have been put out, his partner shall serve so that before the side is *Hand-out*, both partners shall have been put out. The *Hand-in* serves from the right court to the opposite right court, and continues to change from right to left as

long as he scores, the opposite players maintaining their positions *for the service*. When a player of one side is *Hand-out*, and his partner becomes *Hand-in*, the latter serves from the court different to that occupied by his partner when losing his service. The *Hand-in* serves the ball under the same provisions as in single games; but after the service has been properly returned, the partners on either side may occupy any positions in their court they may find advisable. and either may take the ball. If the service be delivered into the wrong court, it may be taken by either adversary. In other respects, the same laws guide double as they do single matches. In double games the side has the same advantages as the individual, and Vantage and Game can be scored by the partners instead of by one of them, as in single games.

There are numerous ways of handicapping players or sides to make the game equal. A player may restrict himself to half-court, *i. e.*, he may elect as to which half of the opposite court he will play. In this case he will lose the stroke if he fail to drop the ball into that half-court, the same as if he infringed the usual rules. Others have a cord stretched between the posts at a height of seven feet, or any other height agreed upon, and the giver of odds has to play every ball over this cord or lose a stroke. A player may give his adversary points, or he may concede his adversary the privilege of being *Hand-in* two or more times. If one player plays against two adversaries he will be *Hand-in* twice, except at the commencement of the game.

The following hints and directions are by Mr. JOHN TOMPKINS, of the Tennis Court, Brighton.

The racquet should lie in the hand and be grasped by the thumb and fingers. The hand should be elon-

gated, so that the player may have a free use of the wrist. The racquet should be held so as to be a continuation of the arm.

In striking with the racquet the stroke should come from the shoulder and not from the elbow. In holding the racquet the face of it should be at an angle, the bottom of the racquet forward, then when it meets the ball it will have what is called a cut, so that when a ball is struck it acquires a natural rise, because in this way the ball is hit below its centre.

The advantage of the cut is that it gives more time for the ball to rise, because it retards its motion.

There are two twists that can be given to the ball besides the cut. 1st. The underhand twist; it is given by the ball being struck on the left hand side with the head of the racquet, below the hand, the racquet brought upwards. The overhand twist is given by the player striking the ball on the right hand side, with the head of the racquet above the hand. In the underhand twist the bound of the ball is to the right hand side, and in the overhand twist to the left hand side.

The player should stand easily, the left leg advanced a little in front, and the body should be in line with the direction that the ball is required to go, as the stroke is given by the racquet passing in front of the body.

A ball being taken towards the right hand, rather behind the player, will go into the backhand corner of his adversary's court; if taken exactly opposite the body, it will go in a straight line down the court; if taken a little more in front of the body, towards the left hand, it will then go into the forehand court of his adversary.

When striking, the body should be moved to give power to the stroke.

If the player wants to know what twist his adversary

has put on the ball, he must watch his racquet as he strikes, and by its motion as described above he will know what twist has been put on the ball, and where to place himself.

When the ball is played backhanded, the right leg should be extended a little in front of the body, the back of the hand turned up so as to give the same oblique direction to the racquet for the backhand as for the forehand.

When a ball is taken near the ground, the body should be dropped so that the player may get the edge of his racquet under the ball.

If half volley the player must meet the ball just as it leaves the ground.

Whatever the size of the court may be, the service line should be one-third from the end.

LAWS OF LAWN TENNIS.

1. The choice of sides and the right of serving during the first game shall be decided by toss; provided that if the winner of the toss choose the right to serve, the other player shall have the choice of sides, and *vice versa*. The players shall stand on opposite sides of the net; the player who first delivers the ball shall be called the *Server*, the other the *Striker-out*. At the end of the first game, the *Striker-out* shall become *Server*, and the *Server* shall become *Striker-out*; and so on alternately in the subsequent games of the set.
2. The *Server* shall stand with one foot outside the Base-Line, and shall deliver the service from the Right and Left Courts alternately, beginning from the Right. The ball served must drop within the Service-Line, Half-Court-Line, and Side-Line of the Court, which is diagon-

ally opposite to that from which it was served, or upon any such line.

3. It is a *fault* if the ball served drop in the net, or beyond the Service-Line, or if it drop out of Court, or in the wrong Court. A fault may not be taken. After a fault, the Server shall serve again from the same Court from which he served that fault.

4. The service may not be *volleyed*, *i. e.*, taken before it touches the ground.

5. The Server shall not serve until the Striker-out is ready. If the latter attempt to return the service, he shall be deemed to be ready. A good service delivered when the Striker-out is not ready annuls a previous fault.

6. A ball is *returned*, or *in-play*, when it is played back, over the net, before it has touched the ground a second time.

7. It is a good service or return, although the ball touch the net.

8. The Server wins a stroke, if the Striker-out volley the service; or if he fail to return the service or the ball in-play; or if he return the service or ball in-play so that it drop outside any of the lines which bound his opponent's Court; or if he otherwise lose a stroke, as provided by Law 10.

9. The Striker-out wins a stroke, if the Server serve two consecutive faults; or if he fail to return the ball in-play; or if he return the ball in-play so that it drop outside any of the lines which bound his opponent's Court; or if he otherwise lose a stroke, as provided by Law 10.

10. Either player loses a stroke, if the ball in-play touch him or anything that he wears or carries, except his racquet in the act of striking; or if he touch or strike the ball in-play with his racquet more than once.

11. On either player winning his first stroke the score is called 15 for that player; on either player winning his second stroke the score is called 30 for that player; on either player winning his third stroke the score is called 40 for that player; and the fourth stroke won by either player is scored game for that player, except as below :

Sec. I. If both players have won three strokes, the score is called deuce; and the next stroke won by either player is scored advantage for that player. If the same player win the next stroke, he wins the game; if he lose the next stroke, the score is again called deuce; and so on until either player win the two strokes immediately following the score of deuce, when the game is scored for that player.

12. The player who first wins six games wins a set; except as below :

Sec. I. If both players win five games, the score is called games-all; and the next game won by either player is scored advantage-game for that player. If the same player win the next game, he wins the set; if he lose the next game, the score is again called games-all; and so on until either player win the two games immediately following the score of games-all, when he wins the set.

NOTE.—Players may agree not to play advantage-sets, but to decide the set by one game after arriving at the score of games-all.

13. The players shall change sides at the end of every set. When a series of sets is played, the player who was server in the last game of one set shall be striker-out in the first game of the next.

14. A bisque is one stroke, which may be claimed by

the receiver of the odds at any time during a set, except as below:

Sec. I. A bisque may not be taken after the service has been delivered.

Sec. II. The Server may not take a bisque after a fault; but the Striker-out may do so.

15. One or more bisques may be given in augmentation or diminution of other odds.

16. Half-15 is one stroke, given at the beginning of the second and every subsequent alternate game of a set.

17. 15 is one stroke given at the beginning of every game of a set.

18. Half-30 is one stroke given at the beginning of the first game, two strokes at the beginning of the second game; and so on, alternately, in all the subsequent games of a set.

19. 30 is two strokes given at the beginning of every game of a set.

20. Half-40 is two strokes given at the beginning of the first game, three strokes at the beginning of the second game; and so on, alternately, in all the subsequent games of a set.

21. 40 is three strokes given at the beginning of every game of a set.

22. Half-Court: the players having agreed into which Court the giver of odds shall play, the latter loses a stroke if the ball, returned by him, drop outside any of the lines which bound that Court.

THREE-HANDED AND FOUR-HANDED GAMES.

23. The above laws shall apply to the three-handed and four-handed games, except as below:

Sec. I. In the three-handed game, the single player shall serve in every alternate game.

Sec. II. In the four-handed game, the pair who has the right to serve in the first game may decide which partner shall do so, and the opposing pair may decide similarly for the second game. The partner of the player who served in the first game shall serve in the third; and the partner of the player who served in the second game shall serve in the fourth; and so on in the same order in all the subsequent games of a set or series of sets.

Sec. III. The players shall take the service alternately throughout each game; no player shall receive or return a service delivered to his partner; and the order of service and of striking-out once arranged shall not be altered, nor shall the strikers-out change Courts to receive the service, before the end of the set.

ALTERNATE METHOD OF SCORING.

24. The above laws shall apply to Lawn Tennis, played by the game, except as regards the method of scoring. The word *Hand-in* shall be substituted for *Server*, and *Hand-out* for *Striker-out*.

25. The Hand-in alone is able to score. If he lose a stroke, he becomes Hand-out, and his opponent becomes Hand-in, and serves in his turn.

26. The player who first wins 15 points scores the game.

27. If both players have won 14 points, the game is set to 3. The score is called *Love-all*. The Hand-in continues to serve, the player who first wins 3 points scores the game.

28. In the three-handed or four-handed game, only one partner of that side which is Hand-in shall serve at the beginning of each game. If he or his partner lose a stroke, the other side shall be Hand-in.

29. During the remainder of the game, when the first Hand-in has been put out, his partner shall serve, beginning from the Court from which the last service was not delivered; and, when both partners have been put out, then the other side shall be Hand-in.

30. The Hand-in shall deliver the service in accordance with Laws 2 and 3; and the opponents shall receive the service alternately, each keeping the Court which he originally occupied. In all subsequent strokes, the ball may be returned by either partner on each side.

31. One or more points may be given in a game.

32. The privilege of being Hand-in two or more successive times may be given.

LAWS OF QUOITS.

1. Distance from Pin to Pin, 18 yards.

2. The Mot or Pin shall not be more nor less than one-half inch above the clay.

3. Measurement must be from the centre of the top of Mot or Pin to the nearest iron in sight without disturbing the clay.

4. In case of a tie, two opposing Quoits being equal, it shall be declared a draw.

5. In the case of two or four playing, twenty-one points shall constitute a game.

6. In the event of six playing, fifteen points shall constitute a game.

7. In the event of eight playing, eleven points shall constitute a game.

8. In playing, the one getting the first shot shall lead off at the next end.

9. Each player shall have the privilege of selecting his own size Quoits, unless otherwise agreed upon.

10. The Not or Pin in all cases must be at an angle of forty-five degrees.

BASE BALL.

The laws of Bass-ball are revised every year at the meeting of the National Convention of Base-Ball Players.

The Revised Laws are published in cheap form every year, before the season for playing commences.

ARCHERY.

As an exercise for ladies, Archery has no superior; it is in every way suited to the dress, habits, and physical requirements of both ladies and gentlemen. It has been *par excellence* the pastime of the most cultured. It is in every sense an out-of-door sport. Without sunshine, open air and plenty of room there can be but little pleasure in the practice. It has not one single element of danger or cruelty about it. It brings into perfectly natural play every muscle of the chest, shoulders and arms in particular, and all the muscles of the body when drawing the bow.

In this exercise there is little or no stooping, but with head erect, chest expanded, lips closed so as to breathe through the nostrils, this is the way that this and all healthful exercises should be taken.

Care must be exercised by those just beginning to practice Archery not to overstrain the muscles by bows too stiff or strong for them, or by remaining too long at one time at the exercise. The lady who will insist upon tight lacing, need not hope for much, if any, benefit from Archery, or, for that matter, from any other physical exercise.

Archery is steadily growing in public favor, and will no doubt soon become very popular; but there is as yet no authorized code of laws for its government. The rules by which Archery meetings are at present regulated are usually framed by the officers of each Meeting, and embody the spirit of the general laws which govern out-door sports, and are founded upon the universal principles of good manners. They vary according to circumstances and need; but the lady or gentleman acting in authority has the power to decide all disputed questions, and the said lady's or gentleman's decision shall be final.

The distance for shooting should be 50, 75 and 100 yards, and the 3 and 4-foot targets be used. The strength of bows for the use of ladies should be from twenty-four to thirty-four pounds.

RACQUETS.

The following Laws of Racquets are those adopted at Princes' Club.

1. The game to be 15 up. At 13 all, the out-players may set it to 5, and at 14 all to 3, provided this be done before another ball is struck.

2. The going in first, whether odds be given or not, to be decided by lot; but one hand only is then to be taken.

3. The ball to be served alternately right and left, beginning whichever side the Server pleases.

4. In serving, the Server must have one foot in the space marked off for that purpose. The out-player to whom he serves may stand where he pleases, but his partner and the Server's partner must both stand behind the Server till the ball is served.

5. The ball must be served above, and not touching the line in the front wall, and it must strike the floor before it bounds, within and not touching the lines enclosing the Court on the side opposite to that in which the Server stands.

6. A ball served below the line, or to the wrong side, is a fault; but it may be taken, and then the ace must be played out, and counts.

7. In serving, if the ball strikes anywhere before it reaches the front wall, it is a hand-out.

8. In serving, if the ball touch the Server or his partner before it has bounded twice, it is a hand-out whether it was properly served or not.

9. Two consecutive faults put a hand-out.

10. It is a fault.

Sec. I. If the Server is not in his proper place.

Sec. II. If the ball is not served over the line.

Sec. III. If it does not fall in the proper Court.

Sec. IV. If it touch the roof.

Sec. V. If it touch the gallery-netting, posts or cushions.

The out-player may take a fault if he pleases, but if he fail in putting the ball up, it counts against him.

11. An out-player may not take a ball served to his partner.

12. The out-players may change their Courts once only in each game.

13. If a player designedly stop a ball before the second bound, it counts against him.

14. If a ball hit the Striker's adversary, above or on the knee, it is a let; if below the knee, or if it hit the Striker's partner or himself, it counts against the Striker.

15. Till a ball has been touched, or has bounded twice, the player or his partner may strike at it as often as they please.

16. Every player should get out of the way as much as possible. If he cannot, the Marker is to decide if it is a let or not.

17. After the service, a ball going out of the Court or hitting the roof, is an ace; a ball hitting the gallery-netting, posts or cushions, in returning from the front wall, is a let; but if it hit the roof before reaching the front wall, it counts against the striker.

18. The Marker's decision is final; but, if he has any doubt, he should ask advice, and if he cannot decide positively, the ace is to be played over again.

BOXING OR SPARRING.

The following are the Revised Rules for Sparring or Boxing contests, governing all amateur competitions :

1. In all open competitions the ring shall be roped, and of not less than twelve feet or more than twenty-four feet square.

2. Competitors to box in light boots or shoes (without spikes) or in socks.

3. Weights to be—light, not exceeding 140 lbs. ; middle, not exceeding 158 lbs. ; heavy, any weight. Competitors to weigh on the day of competition.

4. In all open competitions the result shall be decided by two judges, with a referee. A time-keeper shall be appointed.

5. In all open competitions the number of rounds to be contested shall be three. The duration of the first two rounds shall be three minutes, and of the final round four minutes, and the interval between each round shall be one minute.

6. In all competitions, any competitor failing to come up when time is called shall lose the bout.

7. Where a competitor draws a bye, such competitor shall be bound to spar such bye for the specified time, and with such opponent as the judges of such competition may approve.

8. Each competitor shall be entitled to the assistance of one second only, and no advice or coaching shall be given to any competitor by his second, or by any other person, during the progress of any round.

9. The manner of judging shall be as follows: The two judges and the referee shall be stationed apart. At the end of each bout each judge shall write the name of the competitor who, in his opinion, has won, and shall hand the same to an official appointed for the purpose. In the cases where the judges agree such official shall announce the name of the winner, but in cases where the judges disagree, such official shall so inform the referee, who shall thereupon himself decide.

10. The referee shall have power to give his casting vote when the umpires disagree, to caution or disqualify a competitor for infringing rules, or to stop a round in the event of either man being knocked down, provided that the stopping of either of the first two rounds shall not disqualify any competitor from competing in the final round. And he can order a further round, limited to two minutes, in the event of the judges disagreeing.

11. That the decision of the judges or referee, as the case may be, shall be final.

12. In all competitions the decision shall be given in favor of the competitor who displays the best style and obtains the greatest number of points. The points shall be: for "attack," direct clean hits with the knuckles of either hand on any part of the front or sides of head, or body above the belt; "defense," guarding, slipping, ducking, counter-hitting, or getting away. Where points are otherwise equal, consideration to be given the man who does most of the leading off.

13. The referee may, after cautioning the offender, disqualify a competitor who is boxing unfairly, by flicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist, or elbow, or by wrestling or roughing at the ropes.

14. In the event of any question arising not provided

for in these rules, the judges and referee to have full power to decide such question or interpretation of rule.

These rules, as will be observed, are a great improvement on what was called the Marquis of Queensberry's rules, which were formerly the recognized authority in England and America.

The following rules govern the Marquis of Queensberry's prizes:

1. The judging to be in the hands of three umpires, whose decisions will be final.

2. The weights to be—for heavy, over 158 lbs. ; middle, under 158 lbs. and over 140 lbs. ; light, under 140 lbs.

3. Competitors to weigh the day of the competitions.

4. To box on the grass in a twenty-four feet ring, in socks or slippers without spikes.

5. One attendant allowed outside the inner ring to each competitor.

6. The best of three rounds in the trial and final bouts to decide.

7. The umpires to decide the duration of each round, and, if satisfied, to give their decision without carrying out the three rounds.

8. No wrestling, roughing, or struggling at the ropes.

9. Time between each round, thirty seconds.

10. Style in sparring is essential.

The Queensberry Cups, one for each class, and valued at ninety guineas, are boxed for annually, the winner of each cup receiving with it a presentation silver champion medal.

In America the only recognized law has been the rules of the New York Athletic Club, evidently

a mere rehash of the Queensberry Code, and which are as follows :

1. Competitors shall spar in a space of twenty-four feet square, or other suitable place, in socks, slippers, or shoes, without spikes.

2. One attendant allowed outside the inner ring to each competitor.

3. There shall be three rounds both in the trial and final bouts, and each round shall last three minutes.

4. No wrestling, roughing, or struggling at the ropes.

5. Time between each round, thirty seconds.

6. Style in sparring is essential.

The division of weight shall be : feather, 115 lbs. and under ; light, 135 lbs. and under ; middle, 158 lbs. and under ; heavy, over 158 lbs.

FENCING.

The Art of Fencing comprises Fencing with Foils, Broad-Sword, and Single Stick, each of which requires separate notice.

FENCING WITH FOILS.

1. The foil shall be 34 inches in length, have a flat blade, and be unattached to the hand or wrist.

2. A free thrust must be followed by a pause, if this thrust has been successful.

3. Reprisals, or double thrusts, being forbidden, the competitor who has lunged must return on guard, to avoid or prevent hand-to-hand fight.

4. Time or stopping thrusts delivered without the lunge count only in favor of the giver, provided he is not hit himself; if both are hit simultaneously, the com-

must be given to the competitor who is extended ; if both are extended, neither count.

5. A disarm counts one point. If the foil is lost while making an attack and hitting the opponent, the count is not lost.

6. It is forbidden to parry or take your opponent's foil with the disengaged hand.

7. The number of points shall be not less than five or more than ten, to be decided by the Judges or Referee, the competitor first making the full number of points to be declared the winner.

8. The buttons of the foils must be chalked before each round, and competitors must wear a black body cover in order to distinguish between a clean thrust and a glance or *passé*.

FENCING WITH BROAD-SWORD.

1. The sword shall be 34 inches long, have a flat blade three-quarters of an inch broad at hilt and half an inch at point, and be unattached at hand or wrist.

2. All cuts must be made with the edge of the blade upon any protected part of the body above the waist. No cuts with the flat of the blade allowed.

3. A cut must be followed by a pause, if the cut has been successful.

4. Where two cuts are delivered at the same time, the count belongs to the competitor who is extended ; if both are extended, neither count.

5. A disarm counts one point. If the sword is lost while making attack and hitting the opponent, the count is not lost.

6. Neither of the competitors must, in any case, allow his hands to come in violent contact with his opponent's body.

7. The number of points shall be not less than five nor more than ten, to be decided by the Judges or Referee, the competitor first making the full number of points to be declared the winner.

FENCING WITH SINGLE STICK.

1. The stick shall in no way be fastened to the hand or wrist. It must be made of ash or hickory, five-eighths of an inch at the grip, and tapering at the end, 33 inches long. Or an ordinary walking cane may be used, if agreed upon by the contestants.

2. Blows only count on the mask and arms.

3. A blow must be followed by a pause, if the blow has been successful.

4. If both contestants are hit simultaneously, the count belongs to the competitor who is extended; if both are extended, neither count.

5. A disarm counts one point. If the stick is lost while making an attack and hitting the opponent, the count is not lost.

6. Neither of the competitors must, in any case, allow his hands to come in violent contact with his opponent's body.

7. If a competitor seize his opponent's stick with his hand (his own weapon being free), it shall count one point against him.

8. The number of points shall be not less than five nor more than ten, to be decided by the Judges or Referee, the competitor first making the full number of points to be declared the winner.

HINTS ON FENCING OR SPARRING.

1. Never put yourself on guard within reach of your adversary's thrust, more especially at the time of drawing your foil, sword or stick.

2. Be not affected, negligent, nor stiff.

3. Be not angry at receiving a touch, but take all care to avoid it.

4. Do not think yourself expert, but hope you may become so.

5. Be not vain of the hits you give, nor show contempt to those you receive.

6. Do not endeavor to give many thrusts on the lunge, running the risk of receiving one in the interim; and it is wrong to deliver a second hit on the lunge if you are certain you made a hit the first time.

7. When you present the foils to a stranger, give the choice without pressing.

8. If you are much inferior make no long assaults.

9. Do nothing that is useless—every movement should tend to your advantage.

10. Judge of a thrust rather by reason than by its success.

11. Let your play be made as much as possible within the line of your adversary's body.

12. It is not enough that the parts of your body agree—that you are quick, supple, firm and vigorous—you must also be prepared to answer to your adversary's movements.

13. Endeavor by all fair means to discover your adversary's designs and conceal your own.

14. Two skillful men fencing together act more with their heads than their hands.

15. The smaller you make your feints, the quicker will your point arrive at your adversary's body. The same rule holds good in sparring.

16. Do not make the time-thrust too frequently, unless your adversary is much your inferior, and that you are not likely to receive a hit at the same time. In sparring, we say, do not lead too often.

17. In fencing, if one hit the body, and the other the

face or elsewhere at the same time, the hit on the body is counted only. In sparring, the reverse, head hits having the preference.

18. If in parrying, or by any means your adversary's foil falls, the hit if made is good and should count, because you are not obliged to know that he will lose the grasp of it; but if the hit is made after you see the foil is out of his hand, or partly so, you cannot count it; but in politeness you should pick up his foil and present it to him. In sparring, when the glove works loose the same rule holds good.

19. Never attempt to hit your adversary while thrusting *carte* and *tierce* in the salute, unless by mutual agreement; and it is a proper civility in saluting to ask the adversary to make the first thrust.

20. Be sure, at no time while fencing with a skillful man to attempt to *valte*, *disarm*, &c.—these are ridiculous things, only taught by the ignorant, and often attended with danger.

21. Never deny a hit.

22. Do not ridicule another's manner of fencing or sparring.

23. Be sure never to use the foils without having the mask on.

REASONS AGAINST THE USE OF TOBACCO.

1. The habit is contagious, every smoker or chewer infects a number of others with a desire to follow his example; thus the evil spreads. The aim and object of an athlete should be not only to promote his own health and strength, but also that of others.

2. The habit injures the organs of respiration, disturbs the regular pulsation of the heart, and weakens to a very large extent the powers of endurance.

3. The habit is a self-indulgence, and in direct conflict with physical training; it is inconsistent with all rules and teachings upon health, strength and lasting power. Those who indulge in it know that it wastes time and money, affects the strength and voice, and tramples upon almost every one of Nature's laws. For these reasons we entreat our friends to give up the use of tobacco from this day and forever. To those who desire to excel in Walking, Running, or Rowing, or any other branch of Athletics in which the chief foundation of victory lies in the organs of respiration, we say you *must* give it up; when once abandoned, you will never again use the poison.

IMPORTANCE OF A KNOWLEDGE OF THE LAWS.

It is of paramount importance that all officials, and especially referees, should have a thorough knowledge and clear understanding of not only the special rules and regulations that govern the issues on which they are called on to decide, but also the legal bearings which may be involved in the decisions that they make.

We have before us many cases in Athletics, which, from erroneous decisions by officials, have been the means of dragging them before the judicial authorities of both England and America. One of the most important, in our judgment, is that of *Kelley vs. Sadler*, and we call the attention of every athlete and boating man to the decision of the court in that case.

THE KELLEY-SADLER CASE.

The above interesting case was heard in the Court of Queen's Bench, Westminster, England, during the week ending January 23d. The action arose out the proposed race between Keiley and Sadler, for the championship and £600, on November 28th, 1867, and it will be remembered that on the referee (Mr. Biffen) giving his decision in favor of Kelley, on the assumption that Sadler never intended to start, Sadler, in an action at Guildhall in March of last year, recovered from the stakeholder his own share of the stakes (£300). Leave was given, and a rule *nisi* granted in Easter Term, calling upon the plaintiff to show cause why a verdict should not be entered for the defendant on the point of law whether the decision of a referee is final. Mr. Hawkins, Q. C., Mr. Henry James and Mr. Brickwood appeared for the plaintiff; and Mr. Sergeant Ballantine, Mr. Garth, Q. C., and Mr. Sanderson Tennant for the defendant. The Lord Chief Justice, in giving judgment, said the court had concluded to discharge the rule. The action was brought to recover £300, deposited with the defendant, with a view to a scullers' race between plaintiff and another waterman, named Kelley, upon terms and conditions contained in a written agreement. The winner was to be entitled to the whole of the stakes deposited, and the decision of the referee was to be final. The referee, undoubtedly, had decided that the stakes should be awarded to Kelley, and if that decision was one which could not be questioned, and which was conclusive, the plaintiff could not recover in his action against the stakeholder. That was the question they had now to try. According to the conditions of the race, as contained in the contract, when properly interpreted, the race was to be begun by a start being made by the men between themselves. The referee was not to interfere in that start. Whether that was a convenient mode of starting a race of that description was a serious question, and doubts of its being so were increased by the experience they had had in the matter before them. That such should be the mode of starting was, however, part and parcel of the agreement. They would assume, however, that according to the true construction of that docu-

ment, if the men failed to start through the default of either or both, the referee would have authority to interfere. He thought that, whether, under the agreement, the referee could interfere with the start, was a grave question ; but, as far as his memory went, the point was abandoned at the trial. It had been assumed as given up throughout the whole of that discussion, and had not during the argument of the matter been insisted on before the court. Therefore they must take it that in the event of default on the part of either man the referee would be entitled to interfere. They had also to consider that there was considerable delay and difficulty in getting the men to start. Consequent upon that, and upon application being made to the referee, that person ordered that Kelley should inform Sadler that he (the referee) insisted on a start being made, and that if Sadler did not start, he (Kelley) was to be at liberty to row over the course without him. They must also take it as a fact that that order was not properly communicated to Sadler, and that, inasmuch as the order implied that Sadler should have an opportunity of a fair start, his opponent did not afford him that opportunity ; in other words, they must take it as an established fact that the order given by the referee was never carried out. They must, therefore, assume that if these facts had been presented to the mind of the referee, he would have decided otherwise than he had decided. Had those facts been present in his mind he never could have come to the conclusion that the start had been made, and the race rowed so as to entitle Kelley, who had rowed over, to the stakes. The merits of the case were clearly in accordance with the verdict of the jury, and the stakes should never have been given up to Kelley, inasmuch as no race was rowed. Had Kelley placed his boat alongside that of Sadler and had communicated to him intelligibly the order of the referee, and had Sadler then refused to start, the result would have been different in point of right and justice, and different in point of strict law. But it had been proved to the satisfaction of a jury that Kelley did not give his opponent a fair opportunity of starting, and did not make known to him that he was about to row over without him, and therefore Kelley took an undue and unfair advantage of his opponent. These were the merits

of the case, and now they came to the point of law. The defendant sought to prove that the decision of the referee was conclusive, and that whatever might be the merits of the case morally, legally the decision must be accepted as final. That proposition was maintained upon the authority of two sets of cases. In the first place it was stated that this was essentially an arbitration, and that the decision of the referee was in substance an award, and could not be disputed in an action. It was held that the propriety of the award could not be disputed in an action by reason of the miscarriage or misconduct of the arbitrator, unless the award had first been set aside. Another class of cases had been brought forward, in which courts of law had held in racing matters, and cases of a similar kind where there had been wagers of money at stake, when it had been agreed that the stewards should be the sole judges of the results, that they could not interfere and supersede the judges previously selected to decide these matters. He thought, however, that the case in which they were engaged was distinguished from both these classes of cases referred to on the part of the defendant. He coincided in the opinion that where parties had agreed in regard to the result of a race that they would abide by the decision of a particular judge chosen by themselves, they must abide by the decision of the person whom they constituted judge. But in all the cases that Mr. Garth thought proper to call their attention to, the event had come off. There had been a race, and the court said, "You must await the decision of the referee appointed; or if his decision has been given we cannot interfere with that decision." The present case was very different, because it was a question whether the event on which the arbitrator had to decide had ever taken place at all. And that brought them to another question, namely, the effect of the authorities by which it had been held that an award made by a person to whom the parties had agreed to refer any present or future differences, could not be questioned unless that award had been invalidated and set aside. He thought such cases were distinguishable from that before them. Here, by the terms of the contract, the referee had no power to start the men. They had to start themselves. But let it be granted that upon their failing to star

themselves he had authority to dictate how and in what manner a start should be made, and, as an alternative, to decide whether if no start took place between the men one of them should be at liberty to row over the course. But assuming—which he doubted—the referee had power to make the order, the order he made was plainly conditional. It was that a start should be made, and that if a start were not made one of the parties should be at liberty to row over the course. His jurisdiction to make such an order might have come into operation in the state of circumstances which presented themselves, but assuming that he did give that order, and was competent to give it, they found that the order was never completed—that there never was such a start as he intended, and that there never was such a race as he had contemplated and implied in the order he gave. There was no start, and there was no race. But it was said that the referee had decided that there was a start, and that there was a race, for that much was implied in the award. Here the referee had power to award to whom the stakes were to be given, but that presupposed a race, and a race presupposed a start. *Prima facie* it would be implied when he awarded the stakes that there had been a start, and that there had been a race, but they had also before them the facts proved in evidence that there actually was no start and that there was no race. Having these facts before them, and the start and the race being absolutely necessary to give the referee jurisdiction and power to award the stakes, it seemed to him that the referee was without what would have been the foundation of his authority to award the stakes. Those cases cited by Mr. Garth clearly did not apply, and they had now the case of stakes being awarded without jurisdiction, there being none of the conditions precedent to which jurisdiction would attach. They were not at all bound by such cases in the present instance. According to the true merits of the case, which had been fully considered, there appeared to have been no start and no race, consequently no authority on the part of the arbitrator to award the stakes. The verdict, therefore, should stand as it was given by the jury. Justice Hannen and Justice Hayes were of the same opinion. Judgment for plaintiff, affirming the verdict of the jury in favor of Sadler.

WALKING.

BEST PERFORMANCES ON RECORD IN ENGLAND AND AMERICA.

PROFESSIONAL.

DISTANCE.	NAME.	TIME.	PLACE.	DATE.
1 mile.	Wm. Perkins.....	6.23	England..	1874
2 "	J. W. Raby.....	13.14	"	1883
3 "	"	20 21½	"	1883
4 "	"	27.38	"	1884
5 "	"	35.10	"	1883
6 "	"	43.01	"	1883
7 "	"	51.04	"	1883
8 "	John Meagher.....	58.87	America..	1882
9 "	J. W. Raby.....	1.07.14	England..	1883
10 "	"	1.14.45	"	1883
11 "	"	1.22.38	"	1883
12 "	"	1.30.34	"	1883
13 "	"	1.38.40½	"	1883
14 "	"	1.47.11½	"	1883
15 "	"	1.55.56	"	1883
16 "	Wm. Perkins.....	2.04.36	"	1877
17 "	"	2.13.14	"	1877
18 "	"	2.21.55½	"	1877
19 "	"	2.30.45½	"	1877
20 "	"	2.39.57	"	1877
25 "	W. Franks.....	3.35.14	"	1882
30 "	Wm. Howes.....	4.34.54	"	1878
35 "	"	5.24.37	"	1878
40 "	"	6.16.50	"	1878
45 "	"	7.07.25	"	1878
50 "	"	7.57.44	"	1878

AMATEUR.

DISTANCE.	NAME.	TIME.	PLACE.	DATE.
1 mile.	F. P. Murray.....	6.29½	America..	1883
2 "	"	13.47½	"	1882
3 "	"	21.09½	"	1883
4 "	W. H. Meek, of N.Y.	29.10	England..	1884
5 "	H. Webster.....	37.23	"	1879
6 "	"	45.04	"	1879
7 "	"	52.34	"	1879
8 "	J. B. Clark.....	1.02.03½	America..	1880
9 "	E. E. Merrill.....	1.10.08	"	1880
10 "	"	1.17.40½	"	1880
11 "	O. W. V. Clark.....	1.32.22	England..	1885
12 "	"	1.41.32	"	1885
13 "	"	1.50.54	"	1885
14 "	"	2.00.30	"	1885
15 "	"	2.10.13	"	1885
16 "	"	2.19.53½	"	1885
17 "	Wm. O. Keefe.....	2.35.39	America..	1880
18 "	W. E. N. Costor...	2.39.50	England..	1881
19 "	"	2.50.10	"	1881
20 "	"	3.00.09	"	1881
25 "	"	3.53.35	"	1881
30 "	"	4.46.52	"	1881
35 "	A. W. Sinclair.....	5.45.30	"	1879
40 "	"	6.38.03	"	1879
45 "	"	7.31.28	"	1879
50 "	"	8.25.25½	"	1879

GO AS YOU PLEASE.

FROM ONE TO SIX DAYS.

	MILES.	YDS.		MILES.	YDS.
24 hours.	150	393	Charles Rowell.....	353	230
36 "	204	880	P. Fitzgerald.....	455	1,320
48 "	268	220/142	"	610	

RUNNING.

BEST PERFORMANCES ON RECORD IN ENGLAND AND AMERICA.

PROFESSIONAL.				AMATEUR.			
DISTANCE.	NAME.	TIME.	PLACE.	DATE.	NAME.	TIME.	PLACE.
100 yards.	George Seward....	.09½	England..	1844	E. J. Wendell....	.10	America..
100 "	H. M. Johnson...	.09½	America..	1886	L. E. Myers.....	.10	"
150 "	H. Hutchings.....	.14½	Australia.	1887	W. O. Wilmer....	.10	"
200 "	G. Seward.....	.19½	England..	1847	R. L. La Montagne	.10	"
220 "	H. Hutchings.....	.21½	"	1884	A. Wharton10	England..
300 "	"	.30	"	1884	W. P. Phillips....	.15	"
400 "	T. Brian.....	.45	"	1841	L. E. Myers20½	America..
440 "	B. Buttery.....	.48½	"	1873	Wendell Baker...	.22	"
880 "	Frank Hewitt.....	1.53½	New Zealand.	1871	L. E. Myers31½	"
1000 "	W. Cummings....	2.17	England..	1881	"	.43½	"
1 mile.	W. G. George.....	4.12½	"	1886	W. Baker.....	.47½	"
2 "	Wm. Lang	9.11½	"	1863	L. E. Myers.....	1.55½	England..
3 "	J. White.....	14.36	"	1863	"	2.13	America..
4 "	"	19.36	"	1863	W. G. Carter....	4.27½	"
5 "	"	24.40	"	1863	W. G. George....	9.17½	"
6 "	"	29.50	"	1863	"	14.39	England..
7 "	"	34.45	"	1863	"	19.39½	"

DISTANCE.	NAME.	TIME.	PLACE.	DATE.	DISTANCE.	NAME.	TIME.	PLACE.	DATE.
8 miles.	J. Howitt.....	40.20	England..	1853	5 miles.	W. G. George....	25.07½	England..	1884
9 "	"	45.21	"	1852	6 "	"	30.21½	"	1884
10 "	W. Cummings....	51.08½	"	1855	7 "	"	35.37	"	1884
11 "	L. Bennett.....	56.52	"	1853	8 "	"	40.57½	"	1884
12 "	"	1.02.02½	"	1853	9 "	"	46.12	"	1884
13 "	J. Howitt.....	1.10.31	"	1852	10 "	"	51.20	"	1884
14 "	"	1.16.12	"	1852	11 "	"	57.00½	"	1884
15 "	"	1.22.00	"	1852	12 "	G. A. Dunning....	1.06.33	"	1881
16 "	"	1.28.06	"	1852	13 "	"	1.12.18	"	1881
17 "	A. Norris.....	1.36.07	"	1886	14 "	"	1.18.16	"	1881
18 "	"	1.42.33	"	1886	15 "	"	1.24.24	"	1881
19 "	"	1.49.15	"	1886	16 "	"	1.30.42	"	1881
20 "	Patrick Byrnes..	1.54.00	Malta, N.S.	1879	17 "	"	1.37.20	"	1881
25 "	G. Mason.....	2.36.34	England..	1881	18 "	"	1.44.06	"	1881
30 "	"	3.15.09	"	1881	19 "	"	1.51.20	"	1881
35 "	James Bailey....	3.54.06	"	1881	20 "	J. E. Warburton..	1.56.38	"	1881
40 "	"	4.34.27	"	1881	25 "	G. A. Dunning....	2.23.44	"	1881
45 "	"	5.18.15	"	1881	30 "	J. A. Squires....	3.17.36½	"	1885
50 "	G. Littlewood....	6.08.00	"	1884	35 "	J. E. Dixon.....	4.04.50	"	1884
					40 "	"	4.46.54	"	1885
					50 "	"	6.18.26½	"	1885

BEST PERFORMANCES ON RECORD.

PROFESSIONAL.				AMATEUR.			
FT. IN.	RUNNING LONG JUMP.	NAME.	DATE.	FT. IN.	RUNNING LONG JUMP.	NAME.	DATE.
23.08½	Chas. H. Biggar.....	1879	Canada.	23.03	M. W. Ford.....	1886	America
14.05½	G. W. Hamilton.....	1879	America	10.09½	M. W. Ford.....	1885	"

RUNNING HIGH JUMP.			RUNNING HIGH JUMP.		
TIME.	NAME.	DATE.	FT. IN.	NAME.	DATE.
5.11	John West.....	1881	6.02½	Patrick Davin.....	1880
	BUNNING HOP STEP AND JUMP.		6.01½	W. B. Page.....	1887
48.98	Thomas Burrows.....	1884		RUNNING HOP STEP AND JUMP.	
39.03	D. M. Sullivan.....	1885	44.01½	M. W. Ford.....	1884
	THREE STANDING JUMPS.			THREE STANDING JUMPS.	
10.10½	G. Musgrove.....	1888	35.09	W. S. Lawton.....	1876
	POLE VAULTING.			POLE VAULTING.	
	HURDLE RACING.		11.05½	T. Ray.....	1886
YDS. SEC.	10 HURDLES.		11.00½	H. H. Baxter.....	1883
120 .16	C. N. Jackson.....	1885		RUNNING HIGH KICK.	
	THROWING THE HAMMER.		9.02½	F. B. Fogg.....	1885
FT.	16 LBS.			HITCH AND KICK.	
188	Donald Dinnie.....	1884	8.11½	F. B. Fogg.....	1886
	PUTTING THE SHOT.			HURDLE RACING.	
	16 LBS.		YDS. SEC.	10 HURDLES.	
FT. IN.			120 16½	A. A. Jordan.....	1886
42.06½	D. O. Ross.....	1882		THROWING THE HAMMER.	
	SKATING.			16 LBS.	
MIN.	1 MILE.		FT. IN.	W. J. M. Barry.....	1887
3	S. Fish.....	1881	114	56 LBS. WEIGHT.	
	SINGLE SCULL.			O. A. J. Queckbörner.....	1884
MIN. SEC.	3 MILES WITH TURN.		26.03½	O. Wadsworth.....	1880
19.54	J. G. Gaudaur.....	1886	29.02	PUTTING THE SHOT.—10 LBS.	
	5 MILES.			J. O'Brien.....	1885
33.56½	Edward Hanlan.....	1879	44.10½	SKATING.	
	DOUBLE SCULL.			1 MILE.	
	3 MILES WITH TURN.		MIN. SEC.	A. Paulsen.....	1884
19.30½	Hanlan and Lee.....	1883	3.26½	DOUBLE SCULL.	
	PAIR OARS.			3 MILES WITH TURN.	
	3 MILES WITH TURN.			Holmes and Woodbury.....	1880
20.28	Faulkner and Reagan.....	1876	20.08		

FOUR OARS.				FOUR OARS.			
MIN. SEC.	NAME.	DATE.	PLACE.	MIN. SEC.	NAME.	DATE.	PLACE.
17.58	Halifax Crew1876	America	18.04½	Northwestern Boat Club1876	America
	6 MILES.				SIX OARS.		
30.44½	Biglin Crew1860	"	16.32½	Amherst College Crew1872	"
	SIX OARS.				EIGHT OARS.		
17.40½	Ward Crew1873	"	17.34½	Cornell University Crew1878	"
	3 MILES WITH TURN.				3 MILES STRAIGHT.		

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